

express



BOTOX
\$199
Guaranteed Results*
Collagen \$299
Restylane \$450
Radiesse
Sculptra
*All procedures performed by a physician

SPRING SPECIAL ENDS SOON!

vita
cosmetic surgery
www.vitasurgical.com

202.452.1332 1116 21st St., NW (24th & I, Foggy Bottom Metro)
703.533.1025 Tyson's Corner
301.738.6766 Bethesda
410.730.7226 Columbia/Baltimore
703.465.0666 Alexandria

A PUBLICATION OF **The Washington Post** | LIVE ALL DAY AT WWW.READEXPRESS.COM | JUNE 20, 2006 | >> **FREE** <<

Tuesday



8,000 troops searched for the missing soldiers.

Missing GIs: Group tied to al-Qaeda claims kidnapping | 6

Wetlands Ruling: Divided high court affirms protection | 3



Feel the Heat:
Reeling Mavericks try to force Game 7 in Dallas | 22

ENTERTAINMENT

High Wire Act:
All eyes are on *Thom Yorke* as Radiohead makes its next move. Also, the now of the Futureheads; will My TV's soaps clean up?

>> 13-17



Weather >> Sunny, Storms



90 | 70

FULL FORECAST ON PAGE 34

Rice Puts N. Korea on Notice

Possible ballistic missile launch stirs international concern

WASHINGTON | Secretary of State Condoleezza Rice warned North Korea on Monday it will face consequences if it test-fires a missile thought to be powerful enough to reach the West Coast of the United States.

"It would be a very serious matter and, indeed, a provocative act should North Korea decide to launch that missile," Rice said amid indications that the North Koreans could launch an intercontinental ballistic missile at any moment.

The senior U.S. diplomat said the United States would talk to other nations about action should the North go ahead, and "I can assure everyone that it would be taken with utmost seriousness."

The United States, Japan, Australia, South Korea and other countries have urged North Korea to abandon any missile firing, but there was no sign of backing down. U.S. officials said Monday the missile was apparently fully assembled and



Rice

fueled, giving the North a launch window of about a month.

Unlike other preparatory steps the United States has tracked, the fueling process is very difficult to reverse, and most likely means the test will go ahead, one senior administration official said.

The precise timing is unclear, the official said. ANNE GEARAN (AP)

Deluge Forces Evacuations in La., Texas



HELPING HANDS: Brandi Brown, 8, is lifted into the arms of a Houston firefighter on Monday as she and her family evacuate their home. Torrential storms dumped 10 inches of rain on parts of Texas and Louisiana. More rain was in the forecast. ♦ **Relief effort:** Texas Gov. sends in the National Guard | Page 4

IRONY | Yur a Grait Spellur! Caitlin Campbell couldn't spell "collyrium," but someone in Amarillo, Texas, couldn't spell her last name. A billboard went up in this Panhandle city to honor Caitlin's eighth-place finish in the national spelling bee; it reads:



"Congratulations! Caitlin Cambell for making Amarillo proud." Lamar Outdoor Advertising, which donated the space, said it plans to replace the downtown sign with the correct spelling. Caitlin, 14, made it to the ninth round of the bee. (AP) **EyeOpeners** | Page 2

eyeOpeners

COMPUTER NERDS

Not Surprisingly, It Will Be a Bachelors' Degree

Abertay University in Dundee, England, is offering the country's first degree in computer hacking, the Daily Record reported. Classes in the major will teach students how to find out passwords and log-in information, and how to shut down computer systems; the aim is to produce hackers that could work for the government against computer criminals. However, even teachers in the discipline say teaching criminal activities could produce more criminals. (EXPRESS)



MEAT

OK, New Idea ... Panda Burgers!

Animal rights activists in Buji, China, stormed a cat-meat restaurant and shut it down, Xinhua news agency reported. About 100 demonstrators — including a local beauty pageant winner —

held banners reading “Cats and dogs are friends of human beings” as they rushed into Fangji Cat Meatball restaurant, accusing the establishment of using street cats for meat and demanding that the owner release any cats awaiting slaughter; however, the owner had already taken the cats out of the eatery. (EXPRESS)



LEAPS OF FAITH

Evel Kid-level

To protect these children from evil spirits, “El Colacho,” a man representing the devil and dressed in a traditional red and yellow costume, jumped over them in Castrillo de Murcia, Spain, on Sunday. But to protect these children from being squashed under the shoes of a leaping man ... hmm. Anyway, “El Colacho” has been jumping over babies in the unusual ritual for centuries during traditional celebrations of Corpus Christi. (EXPRESS)



“After you practice parallel parking, we'll make you a fake driver's license.”

TEACHERS

We'll Hire You When You Get Out of Jail

A Marchwood, England, man who posed as a qualified driving instructor has been sent to jail for two years for fraud — even though his students passed the driving exam at a rate higher than the national average, the Daily Mail reported. Donald Johnston didn't pass exams necessary to be a driving instructor, and lied about his scores in order to get a driving-school franchise. Before Johnston was arrested, 80 percent of his students passed the driving exam on the first time; the national average is 46 percent. (EXPRESS)



SHARE FARES.™

Two's company. Three's a deal.

SAVE UP TO **50%**

Now groups of three to six can save 25% to 50% on fares throughout the Northeast.

Visit **AMTRAK.COM** or call **1-800-USA-RAIL**

Use code: **H620**



This offer is valid for up to six (6) passengers traveling together in coach. The first two (2) passengers are at regular (full) adult rail fare, or may use the AAA adult, Student Advantage, Veterans Advantage and NARP discounted rail fares. Passengers three (3) through six (6) will receive a seventy-five (75) percent off discount from the regular (full) adult rail fare. This offer is nonrefundable. Reservations must be made at least three (3) days prior to departure. Seating is limited and subject to availability. The companion(s) and paid adults must travel together at all times and have tickets issued at the same time. This offer is valid for sale between 21Apr06-11Dec06 and for travel between 24Apr06-14Dec06. This offer is valid for travel on the following services: Northeast Corridor Regional Trains between BOS/SPG-WAS, (not valid on Acela Express, Metroliners, Clockers, Downeasters and Keystones), Empire Corridor Service between ALB-NYP and the 7000-8999 series Thruways. Blackouts apply for the following dates: 26-29May06, 01-04Sep06, 06-09Oct06, 09-12Nov06, 21-28Nov06. Once travel has begun, no changes to the itinerary are permitted. Fares, routes and schedules are subject to change without notice. Other restrictions may apply. Refer to Discount Code H620. Amtrak, Acela Express and Metroliner are registered service marks of the National Railroad Passenger Corporation.



REVIEW PENDING: A Pentagon document classifies homosexuality as a mental disorder, decades after mental health experts abandoned that position. A Pentagon spokesman said the document, which outlines discharge policies, is under review.

Nation

In Brief



ROY DABNER/AP

An air tanker drops fire retardant on a blaze in northern Arizona on Monday.

SEDONA, ARIZ.

Wildfires Scorch 1,000 Acres, Force Massive Evacuations

Fire crews struggled with hot, dry and windy weather Monday as they fought to protect hundreds of homes and businesses from a 1,100-acre wildfire creeping into northern Arizona's scenic Oak Creek Canyon. The fire started Sunday and spread quickly, forcing the evacuation of about 400 homes and businesses in the narrow canyon and about 100 homes in five subdivisions on the rugged north side of Sedona. (AP)

PIERRE, S.D.

Voters to Decide Fate of Law Banning Most Abortions

Voters will have the final say on South Dakota's tough new law that bans almost all abortions. The law's opponents rallied to put a question on the Nov. 7 ballot asking voters if the law should go into effect as planned or be dumped. The state's abortion law, among the strictest in the nation, bans the procedure in all cases except when necessary to save a woman's life, with no exceptions for rape or incest. (AP)

Court Split on Wetland Protections

In 5-4 vote, justices limit role of developers, challenge Clean Air act

WASHINGTON | The Supreme Court ruled Monday that the government can block development on hundreds of millions of acres of wetlands, even on land miles away from waterways, as long as regulators prove a connection to the waterways.

Chief Justice John Roberts, in his first major environmental case, came up one vote short of dramatically limiting the scope of the land-

mark Clean Water Act.

At the same time, property rights advocates won a new test for when wetlands can be regulated. Moderate Justice Anthony M. Kennedy said there must be a "significant nexus" between the wetland and a navigable waterway.

Any land in America would be covered under the government's interpretation of the law, Roberts and the court's other three conservatives complained in an opinion.

The court's four liberal members said the conservatives would have opened up sensitive wetlands

to polluters.

It was a dramatic conclusion to a pair of property rights cases the justices agreed to review last fall, just days after Roberts joined the court. The Bush administration defended the law and had urged the court to stay out of the case.

The justices were so splintered that there were five separate opinions covering 100 pages.

The key decision was by Kennedy, who agreed with the liberal members that federal regulations can apply to land adjacent to tributaries.

Courting Kennedy

→ Since the addition of two conservative justices, forming a majority in major cases now depends on winning the vote of moderate Anthony M. Kennedy. | **Today, A Section**

IN The Washington Post

Kennedy, however, joined conservatives in ruling that regulators may have misinterpreted the Clean Water Act when they refused to let two Michigan property owners build on wetlands they own.

GINA HOLLAND (AP)

RHODE ISLAND | STACKED AND SOARING



VICTORIA AROCHO/AP

FLY BY: The Air Force Thunderbirds fly their F-16 fighter jets in formation over Ruggles Point in Newport, R.I., on Monday. The Thunderbirds will be the feature act at the Rhode Island National Guard Air Show next week.

Bush Warns Iran Over Uranium Enrichment

U.S. issues ultimatum ahead of nuclear talks: stop or face sanctions

KINGS POINT, N.Y. | President Bush told Iran on Monday that nations worldwide won't back down from their demand that Tehran suspend uranium enrichment.

"Iran's leaders have a clear choice. We hope they will accept our offer and voluntarily suspend these activities so we can work out an agreement that will bring Iran real benefits," Bush said a day before leaving for talks with European Union leaders who are working to resolve the

nuclear dispute.

If Iran's leaders reject the offer, they will face action before the U.N. Security Council and progressively stronger political and economic sanctions, Bush said.

On Sunday, Iran said U.S. insistence that negotiations be conditioned on Tehran's suspension of uranium enrichment has narrowed the scope of possible solutions.

Bush made it clear he would not budge. He said allowing Iran to enrich uranium, a process that can make nuclear fuel for a power plant or fissile material for an atomic bomb, would present a grave threat to the world. DEB REICHMANN (AP)

Allergies?

Summer is here.

The lazy, sneezy, watery-eye days of summer are here. Tree pollen replaced with mold spores, grass pollen replaced with weed pollen. Fatigue, difficulty breathing, skin conditions or the inability to concentrate may be caused by allergies. Our physicians have the latest medicines, testing and treatment programs to help you feel better quickly, safely and easily all without those painful scratch tests.

Please accept our invitation to visit us and to make an appointment today.

Please call for an appointment
T: 800.535.5227 MyAllergyCare.com

We participate with most health-plans

Allergy Care Centers
Care for All Seasons

Offices conveniently located in: Ballston • White Flint • Chantilly • North Potomac • Vienna • Wheaton Plaza • Gaithersburg • Springfield • Sterling • Laurel

Live!
on Woodrow Wilson Plaza
Ronald Reagan Building and International Trade Center • www.itcdc.com
A project of the U.S. General Services Administration

Today's Free Performance
BG & The Mojo Hands
Rollin' & Tumblin' Blues

6/21 City Dance Ensemble
6/22 One Nite Stand
6/23 DC Caribbean Carnival
Schedule subject to change.

JUNE • JULY • AUGUST
12 noon-1:30 pm
Monday-Friday
1300 Pennsylvania Ave., NW

IRS PROBLEMS?

EX-IRS AGENTS AND TAX PROFESSIONALS NEGOTIATE FOR YOU!

"...the (Nation's) most successful (in terms of size) tax-resolution company."*

-The Wall Street Journal

Free Tax Settlement Analysis:
Confidential Interview by Appointment Only

800-765-3007

K
JK Harris & Company

www.taxexperts.com
6 Locations in the D.C. Area

Free Special Report: "How to End IRS Problems"

877-451-9111

We Also Negotiate Defaulted Student Loans

800-499-0951

*not an
endorsement
by the WSJ

The Nation's Largest Tax Representation Firm

Herniated Disc Technology Discovered by NASA Scientists

A new free report has recently been released that reveals how breakthrough medical technology is offering new hope for sciatica sufferers. Discover how research has proven non-surgical spinal decompression 86% successful in treating debilitating back pain. Find out how why astronauts don't have back pain and how NASA's accidental discovery lead to the most promising treatment today. For your free report entitled, "How Space Age Technology Is Solving Back Pain Without Drugs Or Surgery!" call 1-800-357-5039 for the toll-free 24 Hour recorded message. Supplies are limited - call now. If phone lines are busy, visit: www.DiscReportVA.com

Nation



SWAMPED: A motorist drives down a flooded street on Monday in Houston. Heavy downpours created a nightmare commute for residents in southeast Texas.

Floods Threaten Texas, Louisiana

Gov. Perry taps troops to aid evacuation after torrential downpours

HOUSTON | Texas' governor sent National Guard troops to Houston Monday as torrential rainfall flooded homes and highways in southeastern Texas and parts of Louisiana, where more than 100 patients had to be evacuated from a nursing home.

Houston Mayor Bill White toured his city by helicopter and described seeing "block after block after block flooded."

As much as 10.5 inches of rain were reported in the Houston area by the height of the morning rush hour. Almost 6 inches of rain fell in just 75 minutes near Hobby Airport, the National Weather Service reported.

Gov. Rick Perry ordered the Texas Army National Guard to send trucks, helicopters, swift water rescue teams

and an incident management team to the flooded area.

No deaths had been reported, but roads across the Houston area, including Interstate 10 and other major arteries, were flooded and vehicles were stalled. Hobby Airport was closed for more than 2 hours because employees couldn't get through the flooded roadways.

The storm cell that swamped the city was moving out by mid-day, but more rain was expected by evening. A flood watch was in effect until Tuesday morning for about a dozen counties in southeastern Texas.

In Louisiana, emergency crews evacuated more than 100 patients from Holly Hill Nursing Home, where water was 81 inches deep in some of the halls. Fire departments and two ambulance companies moved patients to another nursing home about 15 miles away.

CHRIS DUNCAN (AP)

Rice's Deputy Turns In Resignation

WASHINGTON | Deputy Secretary of State Robert Zoellick, the department's No. 2 official, is resigning, Secretary of State Condoleezza Rice announced Monday.

Rice praised Zoellick's "tireless work ethic," and said he had served as her "alter ego" in the department. She did not announce a replacement.



Zoellick

op investment markets around the world. (AP)

HOPKINS HOUSE
FOUNDED 1939 A Learning Center for Children and Families

*An Evening With
Senator Barack Obama*

On Family, Fatherhood, Faith and Leadership

This Wednesday, June 21, 2006
Reception and Dinner
6:30pm

Hilton Alexandria Mark Center
5000 Seminary Road
Alexandria, VA 22311

Call Today To Purchase Tickets
(703) 549-4232

For Information about Hopkins House visit
www.HopkinsHouse.org
1224 Princess Street, Alexandria, VA 22314

**Tickets Still
Available -
Buy Your
Ticket Today!**



Special Guests: Minnie Howard 9th Grade students, T.C. Williams High School students, and Hopkins House Alumni.

Sponsored By: CFA Mortgage, James N. Dresser, Mary Jane Maddox, William D. Euille Foundation, Choice Title & Escrow, Minuteman Press, Christopher Consultants, Ltd., Hyjek & Fix, and Mirant.

Proceeds benefit Hopkins House programs for children and families. Hopkins House is a 501(c)(3) non-profit organization.

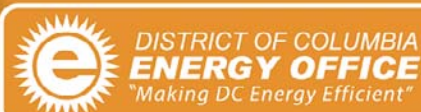
Save with ENERGY STAR



**ATTENTION
D.C. Electric Consumers**

To receive your rebate for purchases made between April 13, 2006 and May 31, 2007, you must mail your receipt and rebate form to:

DC Energy Office
2000 14th Street NW, Ste. 300
Washington DC, 20009
attn: Energy Star Rebate



For more information
call: 202.673.6750 or
visit: www.dceo.dc.gov



HEIRLOOM: Former Atlanta Mayor Andrew Young and Mayor Shirley Franklin are hoping to buy Martin Luther King's personal papers and keep them in the city.

Nation

Big Easy Calls in the Guard

La. governor deploys troops to city's streets after deadly weekend

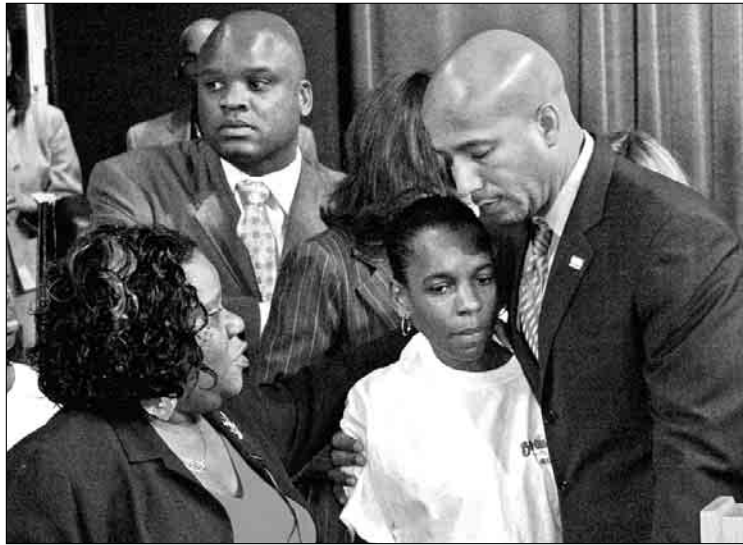
NEW ORLEANS | Acting at the mayor's request, Gov. Kathleen Blanco said Monday she would send National Guard troops and state police to patrol the streets of New Orleans after a bloody weekend in which six people were killed.

"The senseless slaying of five teenagers this weekend is shocking," Blanco said. "Things like this should never happen, and I am going to do all I can to stop it."

The governor did not specify how many troops and officers she planned to deploy. Earlier Monday, Mayor Ray Nagin asked for as many as 300 National Guardsmen and 60 state police officers.

It was the first time the National Guard has been used for law enforcement in the United States since the aftermath of Hurricane Katrina.

Nagin had sought the troops after five teenagers in an SUV were shot



CALL TO ACTION: New Orleans Mayor Ray Nagin hugs Monalisa Hunter at a press conference on Monday. Hunter lost two sons in a shooting over the weekend.

and killed in the city's deadliest attack in at least 11 years. Police said the attack was apparently motivated by drugs or revenge. Also, a man was stabbed to death Sunday night in an argument over beer.

"Today is a day when New Orleanians are stepping up. We've

had enough," Nagin said.

Nagin said he would not allow criminals to take over when the city is still trying to recover. The mayor said troops should be posted in heavily flooded neighborhoods to free police to concentrate on hot spots elsewhere. CAIN BURDEAU (AP)

REALIZE YOUR POTENTIAL. LEAD CRITICAL CHANGE.

**Earn a Master's Degree in Organization Development
in just one weekend a month.**

- ★ Manage human resources
- ★ Implement strategic change
- ★ Improve organization performance
- ★ Increase leadership capacity

Attend an Information Session with faculty and alumni

Monday, June 26

6:00 - 7:30 p.m.

Henley Park Hotel, Eton Room
926 Massachusetts Avenue, NW
Washington, DC

Metro-accessible: Gallery Place-Chinatown stop

To RSVP, call 202-885-6230

Visit american.edu/auntl to learn more about the AU/NTL MSOD




SCHOOL of PUBLIC AFFAIRS
AMERICAN UNIVERSITY ★ WASHINGTON, D.C.



GRAPHIC DESIGN & MULTIMEDIA

CALL TODAY 1-866-811-6459



WESTWOOD COLLEGE
WWW.WESTWOOD.EDU

ANNANDALE 7619 Little River Turnpike, 5th Floor • Annandale, VA 22003
ARLINGTON BALLSTON 1901 N. Ft. Myer Drive, Suite 300 • Arlington, VA 22209

Accredited by the Accrediting Commission of Career Schools and Colleges of Technology (ACCSCT). Westwood College - Arlington Ballston (Arlington, VA) is a Branch of Westwood College - Long Beach (Torrance, CA) and has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV). Westwood College - Annandale Satellite (Annandale, VA) is a satellite campus of Westwood College - Arlington Ballston (Arlington, VA), a branch of Westwood College - Long Beach (Torrance, CA) and has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).
Not all programs offered at all campuses.



Slow Metabolism? Need to lose weight but can't?

- Average 35 lbs of weight-loss in 12 weeks
- Medically supervised - Effective & Safe
- Stops your food cravings
- Boosts your metabolism
- Increases your energy
- Keeps you from feeling deprived

What have you got to lose? Only weight.
Call us for a free consultation. 888-577-7587
or visit us at www.spdiet.com



**Look
at our
results:**



Carol lost 56 pounds

Jo Ann lost 58 pounds



Got Belly Fat?

FREE WORKSHOP

**The secret to losing weight in the belly, hips and thighs
begins by knowing your BODY TYPE**

You will Learn...

- The basic BODY SHAPES and how hormones can distort the body and block weight loss
- How to trigger your body's FAT BURNING hormones to increase metabolism
- The biggest mistake people make with exercising, which prevents weight loss
- Why hormones affect what you crave.
- How CHRONIC PAIN and SLEEPING PROBLEMS can be related to your body shape.
- You don't lose weight to GET healthy — you get healthy so you CAN lose weight.

Limited Seating! Call for location, and date.

Speaker: Dr. Eric Berg, D.C.

Limited Seating

REGISTER NOW 703-354-7336

World



"This council represents a great new chance for the United Nations and for humanity. [D]o not let the opportunity be squandered."

—U.N. chief Kofi Annan, speaking Monday on the formation of the new U.N. Human Rights Council

Group Claims It Has 2 U.S. Soldiers

Insurgent faction tied to al-Qaeda says it has GIs missing in Iraq

BAGHDAD, IRAQ | An al-Qaeda-linked group said Monday it was holding captive two U.S. privates, one from Texas and the other from Oregon, and taunted the U.S. military for failing to find the soldiers despite a search involving more than 8,000 Iraqi and American troops.

The Mujahedeen Shura Council, an umbrella organization for a variety of insurgent factions led by Al-Qaeda in Iraq, offered no video, identification cards or other evidence to prove that they have the Americans. The group had vowed to seek revenge for the June 7 killing of Abu Musab al-Zarqawi, the leader of Al-Qaeda in Iraq, in a U.S. airstrike.

Pentagon spokesman Bryan Whitman, when asked about the claim by the Shura Council that it was holding the soldiers, said: "We have no independent confirmation of that report."

Besides the troops, the U.S. military said Monday it has deployed fighter jets, helicopters, unmanned



ON GUARD: U.S. Army soldiers keep watch for suspicious activity from a rooftop position in eastern Ramadi, Iraq, on Monday.

drones, boats and dive teams in the hunt for the soldiers, who disappeared Friday in a region south of Baghdad known as the "Triangle of Death."

Residents said the Americans slapped a 3 p.m.-to-6 a.m. curfew in the area and were conducting house-to-house raids, arresting anyone found not to be a perma-

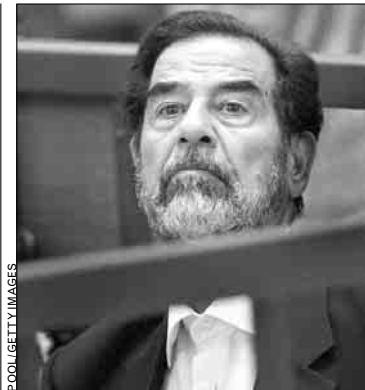
nent resident.

Troops searching for the soldiers killed three suspected insurgents and detained 34 in fighting that also left seven U.S. servicemen wounded, said military spokesman Maj. Gen. William Caldwell.

Kidnappings of U.S. service members have been rare since the 2003 U.S.-led invasion, despite the

presence of about 130,000 forces.

The last U.S. soldier to be captured was Sgt. Keith M. Maupin of Batavia, Ohio, who was taken on April 9, 2004 after insurgents ambushed his fuel convoy. Two months later, a tape on Al-Jazeera purported to show a captive U.S. soldier shot, but the Army ruled it was inconclusive. HAMZA HENDAWI (AP)



Saddam Hussein listens to the prosecution's closing arguments on Monday.

Saddam Prosecutor Urges Death

After defense closing, panel of judges to weigh ex-leader's fate

BAGHDAD, IRAQ | The prosecution demanded the death penalty for Saddam Hussein in its closing arguments Monday, saying he showed "no mercy" in the killings of women and children during a crackdown on Shiite Muslims in the 1980s.

After a three-week recess, the defense gets to sum up its case, then a panel of judges will begin weighing the fate of the ousted leader and his seven co-defendants.

A U.S. official close to the court, speaking on condition of anonymity, said the judges could take around 60 days in their deliberation, meaning verdicts would likely be announced in late September or early October.

If Saddam is convicted and sentenced to death by hanging, it could be months more for the verdict to be carried out. The defendants have the right of appeal — and Saddam faces a second trial, for a campaign against Iraqi Kurds in the 1980s that killed some 100,000 people.

The courtroom was largely silent Monday as chief prosecutor Jaafar al-Moussawi delivered his final arguments.

"The law calls for the death penalty and this is what we ask be implemented," Al-Moussawi said, to which Saddam muttered, "Well done." BUSHRA JUHI (AP)

U.S. GIs Charged In Deaths of 3 Iraqi Detainees

WASHINGTON | The Army charged three U.S. soldiers with the premeditated murder of three male detainees in Iraq last month.

The soldiers also were charged with obstructing justice for allegedly threatening to kill another soldier who was a witness in the case.

A brief Army announcement in Baghdad said the three accused soldiers are currently in pre-trial confinement awaiting a hearing.

The announcement provided no details about the alleged killings, but a defense official speaking on condition of anonymity said the three soldiers are accused of shooting three male detainees as they attempted to flee. (AP)

Palestinian Workers Get Some Pay

GAZA CITY, GAZA STRIP | Thousands of Palestinian workers happily left Gaza postal banks carrying three crisp \$100 bills on Monday, their first pay since March, dipping into the funds senior Hamas officials hand-carried into Gaza to circumvent a Western aid cutoff.

Payday joy was tempered by the knowledge that the sanctions have forced the Hamas-led government into bankruptcy and hamstrung its activities.

Only postal banks dared handle the money because commercial banks fear anti-terrorism sanctions, and Palestinian officials admitted they had no way to transport the money to the West Bank, or even convert it to a local currency for electronic transfers.

The U.S., Israel and Europe list



Palestinian government workers clamor for long-overdue pay in Gaza City Monday.

Hamas as a terror group because it rejects the existence of Israel and has sent dozens of suicide bombers into the Jewish state, killing hundreds.

The West demands that Hamas recognize Israel, renounce violence and accept previous peace accords,

but Hamas refuses, despite the costly consequences.

Early Tuesday, government spokesman Ghazi Hamad of Hamas said the Islamic movement is close to agreement with the rival Fatah on a document that implies recognition of Israel. IBRAHIM BARZAK (AP)

A rate that works as hard as a small business owner.

Open a Business Insured Money Market Account with a CitiBusiness® checking account and get a high interest rate on your money. You'll still have access to your funds, so you can stop worrying about managing your cash flow. Running a small business just got smoother.

Business Insured Money Market Account

4.50%
APY

Balance of \$100,000 - \$5,000,000

• Ability to link accounts makes transfers easy, whether on the phone, online or in person.

• APY applies to a new Business Insured Money Market Account linked to a CitiBusiness checking account.

To learn more, stop by, visit citibank.com or call 1-800-349-9709.

citibank®



Rates apply only to new CitiBusiness Insured Money Market Accounts opened on or after 6/6/06 until 7/31/06. A balance under \$10,000 earns a .75% Annual Percentage Yield (APY), a balance of \$10,000 - \$24,999 earns a 2.50% APY, a balance of \$25,000 - \$99,999 earns a 3.75% APY, a balance of \$100,000 - \$5,000,000 earns a 4.50% APY, and balances more than \$5,000,000 earn a 3.75% APY. Fees could reduce earnings. Opening deposit cannot be transferred from an existing Citibank account; there is no maximum deposit. A CitiBusiness checking account is required to open a CitiBusiness Insured Money Market Account. Deposits subject to Citibank's standard funds availability delays. ©2006 Citibank. Citibank, N.A., Citibank F.S.B., Citibank (West), FSB. Member FDIC. Citibank, CitiBusiness and Citibank with Arc Design are registered service marks of Citigroup Inc.

World



ALL WORK: Kyrgyzstan's president criticized Cabinet officials for what he said was poor discipline Monday and banned them from taking any vacations until December, his press office said. "It's time to work, not to rest," Kurmanbek Bakiyev reportedly said.

In Brief

SHANGHAI, CHINA

College Students Said to Riot Over Diploma Changes

College students in central China smashed offices and set fires in a riot sparked by administrative changes that made their diplomas less prestigious, students and school administrators said Monday. Photos of the weekend riots posted on the Internet showed fires set in debris-

strewn school courtyards and glass smashed in administrative offices, shops, cars and a bank. There was no mention of the apparent riots in the country's state-controlled media. (AP)

KANDAHAR, AFGHANISTAN

30 Die in Taliban Ambushes On Convoys Amid Offensive

Two Taliban ambushes of civilian convoys left 30 people dead, while coalition and Afghan forces killed at least 11 militants in an ongoing U.S.-led offensive across southern

Afghanistan, officials said Monday. More than 10,000 coalition and Afghan troops are fanning out across four volatile southern provinces to combat Taliban militants launching attacks from towering mountain ranges. (AP)

UNITED NATIONS

U.N. Team to Contact Controlling Somali Militants

The U.N. will make its first formal contact with the Islamic militants who captured most of Somalia with the arrival this week of a security



Militants from the Islamic Courts Union control much of southern Somalia. KAREL PRINSLOO/AP

team to meet with the leaders of the little-known group, a senior official said Monday. The trip is meant to prepare for a similar visit by U.N. humanitarian agencies, said Francois Lonseny Fall, the U.N. special representative for Somalia. It also reflects a growing realization within the U.N. that the Islamic militants — known as the Islamic Courts Union — are the closest thing Somalia now has to a government after some 15 years as a failed state, officials said, speaking on condition of anonymity. (AP)

5.25%
APY*
11-MONTH CD/CD IRA

A sure thing

MADE POSSIBLE WITH WACHOVIA

Whatever happens with the rest of your investments, your Wachovia CD will keep providing a positive, FDIC-insured return. If you're a new or existing Wachovia personal checking customer, you can lock in this rate with a \$5,000 minimum CD or a \$2,000 minimum CD IRA. Find out more about this and other CD offers. Talk to us today. Stop by a Wachovia Financial Center or call 800-WACHOVIA (800-922-4684).



WACHOVIA

*Annual Percentage Yield (APY) is available and accurate as of June 11, 2006, and subject to change without notice. Offer expires June 30, 2006, and applies to personal CD and CD IRA accounts only. Penalty for early CD withdrawal. Fees may reduce earnings. A CD is a time deposit for which a receipt is issued. © 2006 Wachovia Corporation. Wachovia Bank, N. A., and Wachovia Bank of Delaware, N.A., are Members FDIC.

New Test For Genetic Disorders

British researchers develop screening process for embryos

LONDON | British researchers revealed a new embryo screening advance on Monday that could help more couples avoid the risk of having children with severe genetic disorders.

The new analysis technique, which is similar to DNA fingerprint work used by police, was developed by the Guy's and St. Thomas' NHS Foundation Trust, which is made up by two of London's oldest teaching hospitals.

Experts hope it will improve the reliability — and success rate — of such screenings for families watching out for diseases like cystic fibrosis, sickle cell and spinal muscular atrophy.

Though most couples are fertile, they would use in vitro fertilization treatments like those used by infertile couples, the trust said in a statement. A single cell is extracted from each embryo and analyzed to compare against those embryos which carry the genetic disorder and those that do not.

News of the advance ignited debate among ethicists in Britain, some of whom fear that doctors have taken another step toward having "designer babies" — or children meeting the parameters of parental specifications. DANICA KIRKA (AP)

5

The number of endangered monkeys stolen from a British zoo, the latest in a string of primate thefts across England, police said. More than 50 small monkeys have been stolen in the past few years.

World

Bush Faces Test in Europe

Concerns over Gitmo, Iraq may impact tone of U.S.-EU summit

VIENNA, AUSTRIA | Abu Ghraib. Guantanamo. Haditha. America's problems with Iraq are casting a long shadow over President Bush's meeting with European Union leaders this week.

The gathering is restricted to U.S. officials and the EU leadership, and the agenda focuses on Iran's nuclear ambitions, agricultural subsidies and the West's dependence on imported oil and gas.

But the United States' precarious world standing could prove the

unspoken theme of Wednesday's session in Vienna.

Ahead of the visit, National Security Adviser Stephen Hadley said he doubted Bush would have much to say about the U.S. prison for terror suspects at Guantanamo Bay, allegations of prisoner abuse in Iraq and alleged killings of Iraqi civilians by Marines in Haditha.

For millions of Europeans, however, these are the issues that matter — and their concerns are shared by politicians.

Newspaper editorials reflect Europe's dismay with a partnership most here see as has having gone wrong.

"Those who came as liberators,

those who wanted to bring the rule of justice ... lost their moral credibility in Iraq," wrote the German weekly Die Zeit. "Not just a few soldiers have 'lost their control' as they like to say. America's entire Iraq policy is out of control."

Pro-U.S. sentiment is stronger in eastern Europe. It peaks in Kosovo, whose ethnic Albanian majority gratefully remembers the U.S.-led bombing in 1999 that forced Serb troops from the province.

"Til I die, I will support whatever America does, be it in Iraq, Afghanistan or elsewhere," says Arben Shaqiri, a 25-year-old bartender in Pristina, Kosovo's main city. **GEORGE JAHN (AP)**

BOLIVIA | OFFERING A BLESSING FOR GOOD LEADERSHIP



HOT FLASH: Aymara witch doctors bless the presidential palace and ask for a good governmental performance in the upcoming constitutional assembly in downtown La Paz, Bolivia, Monday. Aymaras, one of the country's most politically influential ethnic groups, perform rituals to ask Mother Earth for luck with their businesses and their daily lives.

Suu Kyi Turns 61 Under House Arrest

YANGON, MYANMAR | Pro-democracy leader Aung San Suu Kyi marked her 61st birthday Monday, alone and under house arrest, while her supporters around the world called for Myanmar's military government to free her.

The military tightened security outside the barricaded home of Suu Kyi, leader of the National League for Democracy and the 1991 Nobel Peace Prize laureate. She has spent 10 of the last 17 years in confinement, making her one of the

world's most prominent political prisoners.

Her birthday was marked around the world by supporters, who oppose the ruling junta for its human rights abuses and failure to hand over power to a democratically elected government in the country formerly known as Burma. **(AP)**

Stratford
UNIVERSITY
Culinary Arts & Hospitality
Financial Aid is available for those who qualify
Call to enroll:
1-800-7-my-goal
(1-800-769-4625)
www.stratford.edu

America's Favorite
live links
CHATLINE™
Try For
FREE
Code 6730
202.414.6444
Find Singles In Your City: **1.800.210.1010**
Text CHAT to 21010 \$4.99 / 10 Min. 18+ www.LIVELINKS.com

Fit, Fun & Fabulous!
fitness • wellness • exercise • diet & nutrition • grooming • beauty • spas

DISTRICT OF COLUMBIA
URBAN TAO AT THERAPEUTICS
Acupuncture, Herbology, Acupuncture Detoxification, Tui Na Massage, Qi Gong, Meditation, Kung Fu, Tai Chi
H. Frank Neely
L AC., NCCAOM
Therapeutics
1608 20th St. 3rd Floor, NW, Washington, DC 20009
202-253-0670
urbantao@yahoo.com

DISTRICT OF COLUMBIA
Serious about results?
Elite Private Fitness Training
Keeping DC fit since 1990
Bob Whelan, Boston Celtics off-season conditioning coach.
Private Gym in DC (202) 638-1708
ElitePrivateFitness.com

ProEuro Hair Design
Voted Best Colors in D.C.
FREE Hair Color! All body waxing
when you purchase Wash, Cut & Blow Dry **20% off**
Mon., Tues., Sat. Only!
First time clients only - Selected stylists
Please mention this ad when you book an appt.
2100 Pennsylvania Ave. N.W. • Washington, D.C.
202-887-9191

VIRGINIA
iDEAL personal training
Certified Trainers for Every Body
Body Toning □ Pre/Post Natal Training □
Yoga □ Pilates □ Senior Fitness □ Sports Conditioning □ Group Fitness Classes
www.idealpersonaltraining.com
info@idealpersonaltraining.com
703.608.1104

VIRGINIA
Fit, Fun & Fabulous
The advertising directory with a focus on fitness, wellness, exercise, diet, nutrition, grooming, beauty and spas
publishes the third Tuesday of each month
Next edition:
Tuesday, July 18
Don't miss out...for advertising info contact:
Diane Haith, **(202) 334-5706**
1-800-627-1150, ext. 45706

CHELSEA FC ACADEMY USA
Football in the Community
Chelsea Football Club
promoting grass roots football
Clinics will be held in partnership with:
☆ The George Washington Univ DC
☆ Richmond Kicker, Richmond VA
☆ Ashburn Village Academy
☆ Premier AC Residential Academy
Register Now! Customized Pre-season Team Camps available! **Space still available!**
www.avcsports.com **703-953-2518**

Christian Intl Ordained Church
 Prophetic Conference Hosted by
www.propheticministries.org
 June 23/24th at 7:30pm & June 25th at 2:30pm
 At Fairlington Presbyterian Church, Basement
 1395 & King St., Alexandria, VA 22151
 Call: 703-321-8092
 Parking, seats & training FREE.

Drive you.

"Cars" can put you in the right wheels. **Wednesdays.**

express

ACNE/ACNE SCAR TREATMENT

Uneven Pigmentation / Blemish Removal • TCA Peels / Big Acid Peels • All treatments are comfortable and have quick recovery.

Call for our Spring Special!

All procedures performed By a Physician

202.452.1332 24th and I St.,
 Foggy Bottom Metro
 703.533.1025 Tyson's Corner
 703.465.0666 Alexandria
 301.738.6766 Bethesda
 410.730.7226 Columbia/Baltimore

Interest free financing • Gift Certificates

vita

-Free Skin Cancer/Melanoma Screening-
*Special Price for DC only

www.vitasurgical.com

Up to 30% off on packages

\$299/Eye Any Prescription Lasik!

ENJOY LASIK REGARDLESS OF YOUR RX.

- **No Incision/Cut and No Flap Lasik**
- One Eye or Both Eyes at a Time
- Safe & Comfortable
- Quick & Immediate Recovery
- FDA Approved
- Visx & Bausch & Lomb Lasers
- Interest Free Financing
- Return to Work Next Day
- Insurance

I SURGEONS 202.464.5216

• 24th and I St., Foggy Bottom Metro

301.738.0339 • BETHESDA

703.533.0025 • TYSON'S CORNER

703.465.0090 • ALEXANDRIA

410.730.2215 • COLUMBIA/BALTIMORE

www.i-surgeons.com

Special Offer Expires Soon.
 Call for details.

I SURGEONS

CLEARANCE SALE

DESIGNER SOFAS

\$995



Pentagon Row
 Behind Pentagon Mall

Sale Ends
 Soon
 Interest Free
 Financing

**IMMEDIATE
 DELIVERY**

Home Redesign Expo
 1301 S. Joyce St. D-24
 Arlington, VA 22202
 703-415-4560

Research Study Trying to Improve Depressive Symptoms Quickly

Several medications are effective for treating depression; however, they take weeks or months to achieve their full effects. NIMH is studying whether a drug can cause a rapid antidepressant effect in patients with bipolar or unipolar depression. The study also tries to see if it can sustain the results with another medication in certain patients. Understanding how this works may help us understand depression and design better antidepressants. NIMH is seeking people ages 18-65 with depression (unipolar or bipolar) who are:

- Free of other serious medical conditions
- Willing to participate in a minimum of a 12-day inpatient stay

**Research medications provided free of charge.
 Compensation and transportation reimbursement is provided.**

Atendemos pacientes de habla hispana.



The National Institute of Mental Health
 National Institutes of Health, Department of Health & Human Services

NIMH
 National Institute
 of Mental Health

Call: 301-496-5645

(TTY: 1-866-411-1010)

<http://patientinfo.nimh.nih.gov>

or for other studies: www.clinicaltrials.gov

readexpress.com

X120aC 3x.5

Are you Depressed?

Have you suffered from the following symptoms in the past month?

- ☐ Sadness
- ☐ Lack of motivation
- ☐ Negative thinking
- ☐ Problems falling asleep or getting up in the morning
- ☐ Appetite or weight changes
- ☐ Lack of concentration
- ☐ Feelings of anger or guilt

THE GEORGE

WASHINGTON

UNIVERSITY

MEDICAL CENTER

WASHINGTON DC

For Information about a clinical research study, call (202) 994-2273

If you are between the ages of 18 and 65 and have been experiencing symptoms of depression for at least 1 month, you may qualify to participate in a research study. We are studying whether a drug that is FDA-approved for treatment of bipolar mania (and schizophrenia) is safe and effective for depression. Participants will receive study drugs and study-related physical exams at no charge to them.

www.researchgw.com

The George Washington University is an Equal Opportunity/Affirmative Action Institution.



A Decade of Passion

First 7,500 fans receive a D.C. United Wrist Band courtesy of GEICO.

WED. JUNE 21st @ 7:30PM

D.C. UNITED vs. CHICAGO

First 5,000 fans receive a D.C. United Shoe Bag courtesy of Makita.

SAT. JUNE 24th @ 7:30PM

D.C. UNITED vs. KANSAS CITY

For Tickets Call

202.587.5000 or online at dcunited.com

GEICO
geico.com

Makita

M opens doors

© 2006 MLB. All Major League Soccer properties used by permission. All rights reserved © 2006 All Photos D.C. United and Writings.



BUMPER CROPP: Linda Cropp's mayoral campaign now has the backing of councilman Jack Evans. The Ward Two Democrat calls Cropp a "strong leader" who used her position as Council chairwoman to bring the other members together.

Local

Missing Publisher's Remains Found

Boater spots Merrill's body more than 11 miles from empty boat

ANNAPOLIS, MD. | The body of prominent publisher and former diplomat Philip Merrill was recovered from the Chesapeake Bay on Monday, about 11½ miles northeast of the spot where his empty sailboat was found June 10.

A boater discovered the body near Poplar Island off the Talbot County shoreline about 12:30 p.m. and notified police, Col. Mark Chaney, superintendent of the state Natural Resources Police Department, said.

The discovery ends a massive search effort during the last 10 days involving helicopter, boats and sonar equipment that covered more than 300 square miles from

the Chesapeake Bay Bridge south to Plum Point off of Calvert County.

Merrill's body was taken to nearby Tilghman Island, where he was identified based on his clothing by a deputy state medical examiner.

"The clothing matches what Mr. Merrill was wearing the day he took off to sail," including a shirt with the name of the boat, the Merrilly, on it, Chaney said.

He said the body would be taken

to Baltimore Monday for an autopsy, which was expected to be done on Tuesday.

Chaney said he could not comment on what might have caused Merrill's death. "This is still under investigation," he said.

While the body was found south of the primary search area, Chaney said it would be reasonable that it would be in that area based on where the boat was found. TOM STUCKEY (AP)

New D.C. Bishop Is Welcomed

Donald Wuerl arrives from Pittsburgh ready to run region's diocese

ARLINGTON, VA. | The new Archbishop of Washington arrived Monday to a warm greeting from the man he will succeed.

Cardinal Theodore E. McCarrick had a hug for Bishop Donald Wuerl, who arrived at Ronald Reagan Washington National Airport on a flight from his native Pittsburgh. Wuerl has been the bishop there for 18 years and was picked by the pope for his new position.

"I believe we could not have a better Archbishop of Washington," McCarrick said.

Wuerl, 65, will be installed Thursday, when he will become the spiritual leader of about 560,000 Catholics in the District of Columbia and southern Maryland.

"I would be less than wise if I weren't a little anxious. Because any time you take on a whole new responsibility, with all new faces to learn and new places to visit, you should be a little anxious," he said Monday. (AP)

D.C. Fire Chief Admits 'Apathy' in Department

More firings could follow report critical of journalist's care

WASHINGTON | While partly blaming uncommitted employees, District of Columbia Fire Chief Adrian H. Thompson assured city leaders Monday that departmental problems outlined in a report regarding the death of a New York Times journalist would be corrected.

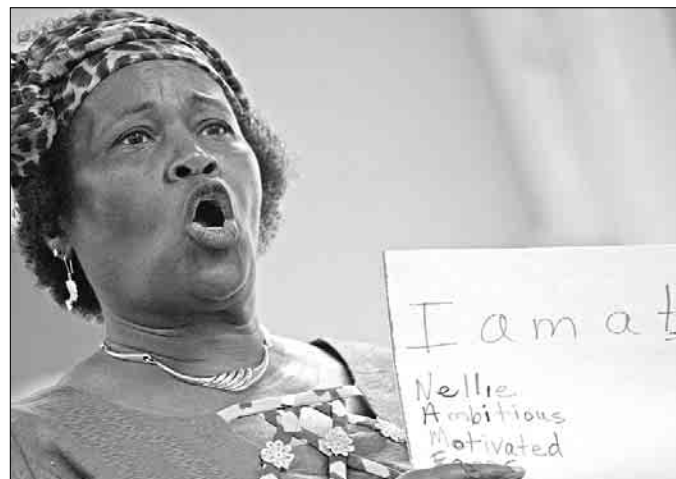
Last week's inspector general's report on the Jan. 6 death of David Rosenbaum found not only errors by

personnel responding to the emergency call, but also what were called "significant performance management issues."

In hours of testimony before the D.C. Council's judiciary committee, Thompson pinned some of the blame on employees who have "no commitment to service," but said his department will seek out those who demonstrate the apathy and indifference noted in the report.

One emergency medical technician on the Rosenbaum call was fired after the report was released Friday night. SANDY KOZEL (AP)

ASPEN HILL, MD. | FREE SPEECH



END OF BONDAGE: Connie Blake of the Association for the Study of African-American Life and History marks the 141st anniversary of the emancipation of American slaves Monday at a library in Aspen Hill, Md.

D.C. Workers Get Credit Monitoring

WASHINGTON | The company that administers the District's retirement plan is sending letters to about 13,000 current and former city workers whose personal data were stolen.

The letter from ING Financial Services warns workers about possible identity theft stemming from the theft of a laptop computer con-

taining Social Security numbers and other information from the home of an ING employee.

ING is also setting up and paying for a year of credit monitoring for the affected employees.

Officials say the laptop was not password-protected and the information was not encrypted. The company has announced a

new policy restricting laptops from being taken in public until they are encrypted.

ING won't identify the employee whose computer was stolen.

D.C. police spokesman Joe Gentile says the employee reported the theft last Monday after returning home from a weekend out of town. A video game system, some beer and jars of change were also reported stolen. (AP)

The Lotteries

Monday, June 19

DISTRICT	
Mid-day Lucky Numbers	2-0-2
Evening Lucky Numbers	2-4-7
Mid-day DC 4	7-0-7-1
Evening DC 4	0-9-5-0

Rolling Cash Five	8-6-3-30-33
Daily 6	22-17-21-8-9-16 (25)

MARYLAND	
Mid-day Pick 3	0-1-3
Evening Pick 3	5-2-0
Mid-day Pick 4	5-8-1-3
Evening Pick 4	9-3-5-9
Match 5	4-21-23-27-31 (9)

VIRGINIA	
Mid-day Pick 3	4-4-7
Mid-day Pick 4	6-7-8-6
Mid-day Cash 5	9-15-18-20-26

All winning numbers are official only when validated at a lottery ticket location or a lottery claims office. Drawings that occur after Express's deadline will be published two days later.

MEGA MILLIONS

DRAWINGS TUESDAY AND FRIDAY

\$12

MILLION

Estimated Annuitized Jackpot

Play at your favorite Maryland or Virginia Lottery retailer.

Top Prize Chances: 1 in 176 Million
www.mdlottery.com • www.valottery.com

SMOKERS WANTED

Get paid to participate in research

American University is recruiting smokers for participation in a research study examining reactions to a new type of commercially available cigarette.



To Participate:

- Must be 18 or older
- Complete two 45-minute visits at American University

You will receive:

- Up to \$35
- Reimbursement for transportation costs

To participate, contact
202-885-1792 or
bphp@american.edu



EO/AA University and Employer



SCHOOL of PUBLIC AFFAIRS

AMERICAN UNIVERSITY ★ WASHINGTON, D.C.

Key Executive MPA

The Master's Degree in Public Administration
for government executives.

Learn more about our 20-month,
executive cohort, weekend degree program.

Information Session

Tuesday, June 27

12:30 - 2:00 p.m.

Brookings Institution
Somers Room

1775 Massachusetts Avenue, NW
One block from Dupont Circle Metro stop on the red line

Light lunch will be served

RSVP 202-885-6230

Apply today for the Fall 2006 Cohort

Ranked 10th in the nation

- U.S. News & World Report

EO/AA University and Employer

Schedule an appointment to explore graduate study at AU!
www.spa.american.edu, spagrad@american.edu, or 202-885-6230

Money

Verizon Files Suit Against Vonage

Patent dispute newest
legal challenge for
Internet phone carrier

HOLMDEL, N.J. | Verizon Communications Inc. has charged that Internet phone carrier Vonage Holdings Corp. violated patent rights that Verizon has on technology for making phone calls over the Internet.

The lawsuit was filed in U.S. District Court in Richmond, Va., on behalf of subsidiaries Verizon Services Corp., of Arlington, Va., and Verizon Laboratories Inc., of Waltham, Mass.

Holmdel-based Vonage, which said Monday it had been sued, contested the claim. "Vonage believes that its services have been developed with its own proprietary technology and technology licensed from third parties and intends to vigorously defend the lawsuit," the company said in a statement.

Vonage stock dropped more

than 9 percent in trading Monday afternoon on the New York Stock Exchange, the latest blow to shares that have lost about half their value since the company went public in late May.

Verizon charged that Vonage is infringing on at least seven of its patents regarding Internet phone service, a technology known as voice over Internet protocol, or VoIP.

The patents include inventions related to gateway interfaces between a packet-switched and circuit-switched network, billing and fraud detection, call services such as call forwarding and voice-mail and methods related to Wi-Fi handset use in a VoIP network, the lawsuit said.

The action by Verizon, the country's largest telecommunications company by revenue, follows a shareholder class-action lawsuit that claims Vonage improperly steered consumers toward investing in its \$531 million initial public offering. JEFFREY GOLD (AP)



HOOFING IT: The golden buffalo, the legendary symbol of the American West, will soon roam again — this time as America's first pure gold coin. The U.S. Mint will start taking orders in the coming week for the new coins. The coin will be slightly larger and thicker than a Kennedy half dollar, will contain one ounce of gold and will be designated a \$50 gold piece. (AP)

In Brief

FRANKFURT, GERMANY

Nokia, Siemens to Combine Networks in \$30B Venture

Nokia Corp. and Siemens AG said Monday they will combine their network equipment units in a reported \$30 billion joint venture to more effectively take on market leader LM Ericsson. The combination — to be called Nokia Siemens Networks — would create one of the largest players in the industry, with \$20 billion in annual sales. Besides Ericsson, it also puts pressure on Lucent, Alcatel, Motorola and Nortel Networks. The venture will create estimated savings of \$1.9 billion by 2010 through an estimated 9,000 job cuts globally, Nokia said. (AP)

GENEVA

Nestle to Buy Diet Company Jenny Craig in \$600M Deal

Nestle SA, the world's biggest food and drink company, said Monday it is buying weight management and diet company Jenny Craig for \$600 million to strengthen its focus on health products. The acquisition follows Nestle's purchase for around \$670 million last month of Uncle Tobys, an Australian maker of nutritional cereals and snacks. Weight management will become a new business within Nestle's nutrition unit and will reinforce its U.S. presence, the company said. (AP)

Market Action

New York Stock Exchange

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
VolVtub	3.31	+2.27	+8.9
RosteLe	26.09	+2.09	+8.7
CarMax	33.89	+2.39	+7.6
CrwfdB	6.65	+4.2	+6.7
EnerSys	17.61	+1.04	+6.3

Losers

Symmetry	15.47	-3.36	-17.8
SeaCntB lf	4.90	-.90	-15.5
Salton h	2.73	-.41	-13.1
SeaCntA lf	4.93	-.67	-12.0
SchiffNutr	6.80	-.92	-11.9

NASDAQ Stock Market

Gainers

STOCK	LAST	DAILY CHANGE	DAILY PERCENT CHANGE
Novacea n	8.40	+2.23	+36.1
AsteaIntl	11.59	+2.45	+26.8
LanVision	6.09	+1.06	+21.1
Sentigen	3.35	+5.2	+18.4
Iomai n	4.45	+0.05	+1.1

Losers

PeerlssSys	5.22	-1.40	-21.1
SORL n	7.37	-1.36	-15.6
ActPwr	2.87	-.51	-15.1
AtlasSoSea	4.20	-.70	-14.3
Britesmile	2.80	-.43	-13.3

Rates

	CURRENT	PREVIOUS WEEK
Prime Rate	8.00	8.00
Fed Funds close	5.00	5.00
3-month disc	4.83	4.80
2-year	5.17	5.02
10-year	5.14	4.98
30-year	5.18	5.03

Currency (Dollars in foreign currency)

	TODAY	PREVIOUS DAY	YEAR AGO
British Pound	.5435	.5405	.5466
Canadian Dollar	1.1194	1.1220	1.2315
European Euro	.7954	.7915	.8145
Japanese Yen	115.37	115.09	108.66
Mexican Peso	11.4570	11.4153	10.8140
Taiwanese Dollar	32.58	32.47	31.31

DOW NASDAQ S&P 500

-72.44	-19.53	-11.40
-0.66	-0.92	-0.91
10942.11	2110.42	1240.14

Biotech Stocks

STOCK	LAST	DAILY CHANGE	YEAR TO DATE PERCENT CHANGE
Amgen	65.75	-1.07	-16.6
Amylin	42.63	-1.27	+6.8
BiogenIdc	45.29	-.98	...
Celgene s	42.53	-.97	+31.3
ChRvLab	36.47	-.56	-13.9
GenProbe	48.58	-.48	-.4
Genentch	78.14	-.96	-15.5
Genzyme	62.79	-1.50	-11.3
GileadSci	56.11	-1.75	+6.7
Imclone	40.76	+1.39	+19.0
Invitrogn	63.89	-.05	-4.1
MedImm	28.68	-1.10	-18.1
MillPhar	9.97	-.10	+2.8
PDL Bio	17.55	-.32	-38.2
VertxPh	31.06	-2.00	+12.3

ADVERTISE IN EXPRESS.

Call 202.334.4532

express

A publication of The Washington Post

XX140 2x5

WE'RE ALL EYEING HIM: After seeing what Tony Leung Chiu-wai does for Wong Kar-wai's films, director Ang Lee is eyeing the chiseled actor for his spy thriller "Lust, Caution." Lee plans to choose a female lead before finalizing the cast.



Entertainment

Ahead of Their Class

Radiohead previews its new album in a recent performance

NEW YORK | Few rock acts have worked harder to elude the scrutiny that comes with being a great band than Radiohead, but sometimes you have to face the inevitable. All eyes were back on the English quintet, arguably the most important band of its generation, as it opened its U.S. tour in New York earlier this month. At least this time the focus of curiosity was something even the band members could appreciate: a preview of Radiohead's first new songs in three years.

The group, which is loosely aiming to complete its album by the end of the year so that singer Thom Yorke can devote some time to a solo album, worked nine new songs into the 23-song program, placing them among selections drawn primarily from its most popular album, "OK Computer" (1997), and its experimental successor, "Kid A." Those older tunes felt reinvented and fresh, especially the "Kid A" songs. Once remote and icy, they now seem like an integral element in the Radiohead canon.

On first impression, the varied new songs expand Radiohead's musical range while reconnecting with



EVEN THEIR PRESS PHOTOS ARE 'ARTY': Alt-rock titans Radiohead, forever pursuing better music through experimentation.

some of its earlier, guitar-rock values. "15 Step" started with an all-percussion backdrop for Yorke's vocal, which proceeded to adopt a Middle Eastern-sounding intonation. "House of Cards" might have been the biggest stretch, a gentle groove with a vintage soul-music flavor, uncharacteristically caressing (though the lyrics posted on fan Web sites are more typically sinister) and content to stay in one place musically.

"Bangers 'n' Mash" was a lively

rocker, with Yorke having a bash at a drum kit while singing, and "Arpeggi" revived some of the drum-and-bass sound of "Kid A" and "Amnesiac" before breaking into a brisk, guitar-driven section. "Nude," which has been floating and forming for a decade, breaks from Radiohead's template by refusing to release its built-up tension.

It remains to be seen whether these new songs will fit the contours of the times in the same way that

made Radiohead's earlier work an essential survival guide in an age of alienation.

Radiohead rarely has failed to be on top of it before, but the question the group will have to face this time is whether it can be comfortable enough to carry on and confrontational enough to matter. When the time comes to reveal the answer, the band had better get ready to have all eyes on it once again.

RICHARD CROMELIN (LOS ANGELES TIMES)

Today's Top Stops

FOR COMPLETE EVENT LISTINGS SEE
WASHINGTONPOST.COM/ENTERTAINMENT



In 200, Macy Gray took the R&B world aback with her sweet, croaky vocals.

Macy Gray: Strange Days

Despite racking up acting credits, the soulful R&B star remains best known for her 2000 hit "I Try" and her wracked — yet alluring — pipes. There may still be tickets available for tonight's performance by the time you read this.

9:30 Club, 815 V St. NW; 7:30 p.m., \$40; 703-218-6500. (U St.-Cardozo)

Marion Nestle: A Feast of Information

The NYU prof shares her new book "What to Eat," a guide to making "sensible food choices" that seeks to decode food labels, among other things. Cut through the confusing and conflicting thicket of food info with this amiable guide.

Politics & Prose, 5015 Connecticut Ave. NW; 7 p.m., free; 202-364-1919. (Van Ness-UDC)

Seder and Sherrill: Sarcastic Liberals Live

The mouths behind Air America's "Majority Report" read from their book, "F.U.B.A.R.: American's Right-Wing Nightmare — And How You Can Wake Up From It." Bleeding hearts can expect their biases to be reinforced through laughter.

Olsson's, 2111 Wilson Blvd., Arlington; 7 p.m., free; 703-525-4227. (Court House)

WHAT'S HAPPENING?

Please send press releases and photos to expressevents@readexpress.com

Sounds of the Future

New Futureheads LP proves less angular and more considered

MUSIC | After burning off a lot of twitchy energy on their self-titled 2004 debut, the Futureheads return with a record that's a bit more sedate.

That's relative, of course — caffeinated monkeys might seem sedate compared to the full-throttle onslaught of the band's



BIG GIGS: The 'Heads have toured with the Foo Fighters, the Pixies and Oasis.

first album.

"News and Tributes" (Star Time International/Vagrant) redirects

that rock 'n' roll fervor into more considered songs that owe more to Talking Heads and XTC than Gang

of Four. The riffs are less angular and there's greater emphasis on vocals, often stacked in lush, vivid harmonies.

Instead of documenting robot love or adjusting to a new job, the Futureheads sing about feeling stalled one day shy of Friday on the moody "Thursday" and falling out of romance on "Back to the Sea."

The disc's less sedate aspects include the lacerating guitar on "Return of the Berserker" — it's the sonic equivalent of washing with steel wool — while a stinging riff helps make a romantic ditty out of avoiding radiation poisoning on "Fallout." ERIC R. DANTON

(THE HARTFORD COURANT)

CLAIRE SHILLAND

Are You a Trauma Survivor? Have You Lived Through a Life-Threatening Event?

An event such as physical/sexual abuse, injury, accident or disaster?
If so, we are asking you to volunteer for research studies that involve:

- Brain imaging
- Measurement of stress hormones
- Free trial of commonly used medications if indicated

We want to understand the differences in how people respond to and cope with a traumatic experience. Compensation provided.

301-496-5645

TTY: 1-866-411-1010

National Institute of Mental Health

National Institutes of Health, Department of Health & Human Services

TIMES LIKE THESE CALL FOR TRAINING IN CRIMINAL JUSTICE



**WESTWOOD COLLEGE CAN HELP PREPARE
YOU FOR A CRIMINAL JUSTICE CAREER**

CALL TODAY!

1-866-811-6459

WWW.WESTWOOD.EDU

ANNANDALE

7619 Little River Turnpike, 5th Floor
Annandale, VA 22003

ARLINGTON BALLSTON

1901 N. Ft. Myer Drive, Suite 300
Arlington, VA 22209



**WESTWOOD
COLLEGE**

Accredited by the Accrediting Commission of Career Schools and Colleges of Technology (ACCSC). Westwood College - Annandale Satellite (Annandale, VA) is a satellite campus of Westwood College - Arlington Ballston (Arlington, VA), a branch of Westwood College - Long Beach (Torrance, CA) and has been certified to operate in Virginia by the State Council of Higher Education for Virginia (SCHEV).

Yoko Ono presents: The Artwork of John Lennon

AVAILABLE FOR PURCHASE



© YOKO ONO

FRIDAY - JUNE 23RD - 5PM-9PM
SATURDAY - JUNE 24TH - 11AM - 7PM
SUNDAY - JUNE 25TH - 11AM-6PM

1006 King Street

(Formerly Alexandria Furniture) (Corner of S. Patrick and King St.)

Alexandria, Virginia

FOR DIRECTIONS AND INFO CALL: (703)-838-5005

SUGGESTED \$2 DONATION AT THE DOOR TO BENEFIT
THE ALEXANDRIA SEAPORT FOUNDATION



**WeekendPass makes
the weekend delicious.**

Every Thursday in Express.



XX1431 2x1

REGAL ENTERTAINMENT GROUP

GALLERY PLACE STADIUM 14

701 Seventh St NW 800-FANDANGO 1721#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1200 230 500) 730 1000
FAST & THE FURIOUS 3 (PG-13) DIG (1210 100 255 355 530) 710 810 950 1040
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1220 225 430) 720 930
THE LAKE HOUSE (PG) DIG (1205 235 510) 740 1010
CARS (G) DIG (1200 1230 100 300 345 440) 615 725 800 910 1015
THE OMEN (R) - ID REQ'D DIG (1250 330 420) 745 940 1025
THE BREAK-UP (PG-13) DIG (1215 1245 245 515) 700 800 1035
X-MEN 3 (PG-13) DIG (120 410) 715 955
OVER THE HEDGE (PG) DIG (1235 250 520) 735
THE DA VINCI CODE (PG-13) DIG (140 540) 930
MISSION IMPOSSIBLE 3 (PG-13) DIG 1020

BALLSTON COMMON STADIUM 12

Glebe Rd, Arlington 800-FANDANGO 377#

Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1200 200 230 430 500) 710 740 940 1010
THE OMEN (R) - ID REQ'D DIG (115 145 345 415) 650 730 920 1000
THE BREAK-UP (PG-13) DIG (150 220 435 505) 715 745 955 1025
AN INCONVENIENT TRUTH (PG) DIG (140 240 510) 720 750 1015
THE DA VINCI CODE (PG-13) DIG (120 340 440) 700 800 1030
MISSION IMPOSSIBLE 3 (PG-13) DIG (330) 640 950

BOWIE STADIUM 14

15200 Major Lansdale Blvd 800-FANDANGO 454#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1200 200 230 430 500) 710 740 940 1010
FAST & THE FURIOUS 3 (PG-13) DIG (1230 130 350 450) 710 800 1000 1045
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1205 220 440) 725 945
THE LAKE HOUSE (PG) DIG (150 500) 745 1025
CARS (G) DIG (1200 100 200 315 415 515) 630 730 830 930 1030
THE OMEN (R) - ID REQ'D DIG (1240 140 345 445) 655 755 940 1040
THE BREAK-UP (PG-13) DIG (120 430) 720 1005
X-MEN 3 (PG-13) DIG (1245 400) 715 955
OVER THE HEDGE (PG) DIG (115 410) 700
THE DA VINCI CODE (PG-13) DIG (1250 425) 750
MISSION IMPOSSIBLE 3 (PG-13) DIG 1015

Free Family Film Festival - Today 10AM

BETHESDA 10

7272 Wisconsin Avenue 800-FANDANGO 569#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1140 205 430) 740 1000
CARS (G) DIG (1145 220 445) 710 945
THE OMEN (R) - ID REQ'D DIG (1100 1130 150 225 435 505) 730 800 1015
THE BREAK-UP (PG-13) DIG (1200 330) 645 930
X-MEN 3 (PG-13) DIG (1135 345) 705 950
X-MEN 3 (PG-13) DIG (1110 140 410) 650 1010
THE DA VINCI CODE (PG-13) DIG (1120 315) 700 1005

Times For 6/20/06 Daily Bargain Matinees In ()

POTOMAC YARD STADIUM 16

3575 Jefferson Davis Hwy 800-FANDANGO 690#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1145 1215 210 240 435 505) 700 730 925 955
THE LAKE HOUSE (PG) DIG (1140 215 450) 720 950
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1250 315 525) 735 945
CARS (G) DIG (1210 1240 110 140 310 340 410 440) 610 640 710 740 910 940 1010
THE OMEN (R) - ID REQ'D DIG (1135 225 325 515) 805 905
OC & DA: THE BREAK-UP (PG-13) DIG (230) 1030
THE BREAK-UP (PG-13) DIG (1130 1230 510) 630 750
X-MEN 3 (PG-13) DIG (120 405) 650 920
OVER THE HEDGE (PG) DIG (1200 220 445) 700
THE DA VINCI CODE (PG-13) DIG (100 420) 800
MISSION IMPOSSIBLE 3 (PG-13) DIG 915

COUNTRYSIDE STADIUM 20

45980 Regal Plaza 800-FANDANGO 394#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1130 1230 200 300 440 540) 740 840
CARS - DIGITAL PROJECTION (G) DIG (1220 320) 620 920
CARS (G) DIG (1120 1250 120 150 220 350 420 450 520) 650 710 750 820 950 1020
THE OMEN (R) - ID REQ'D DIG (1140 230 330 510) 810 930 1045
OC & DA: THE BREAK-UP (PG-13) DIG (210) 1035
THE BREAK-UP (PG-13) DIG (1115 100 515) 640 800
AN INCONVENIENT TRUTH (PG) DIG (115 415) 715 1015
X-MEN 3 (PG-13) DIG (1240 340) 645 945
OVER THE HEDGE (PG) DIG (110 410) 700
THE DA VINCI CODE (PG-13) DIG (1150 310) 635 1000
MISSION IMPOSSIBLE 3 (PG-13) DIG 910

ROCKVILLE CENTER STADIUM 13

Rockville Town Center 800-FANDANGO 248#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1215 245 515) 745 1015
FAST & THE FURIOUS 3 (PG-13) DIG (1120 1200 200 240 440 520) 720 800 955 1040
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1100 120 325 525) 740 940
THE LAKE HOUSE (PG) DIG (205 445) 1135 735 1010
CARS (G) DIG (1130 1230 130 230 330 430 530) 730 730 1005 1005
THE OMEN (R) - ID REQ'D DIG (1105 150 425) 725 1000
OC: THE BREAK-UP (PG-13) DIG (1145) 750
THE BREAK-UP (PG-13) DIG (235 505) 1030
X-MEN 3 (PG-13) DIG (1150 215 510) 755 1035
OVER THE HEDGE (PG) DIG (1210 220 435) 710
THE DA VINCI CODE (PG-13) DIG (1220 345) 705 1020
MISSION IMPOSSIBLE 3 (PG-13) DIG 920

FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1100 1130 130 200 400 430) 700 730 930
TYPHOON (R) - ID REQ'D (1220 330) 710 1010
X-MEN 3 (PG-13) DIG (1110 1210 140 300 420) 650 735 940 1020
RV (PG) (1140 210 440) 725 955
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1215 230 450) 710 930
THE LAKE HOUSE (PG) DIG (100 400) 730 1015
NACHO LIBRE (PG) DIG (215 445) 730 1000
CARS (G) DIG (1150 1230 100 300 345 420) 645 715 750 945 1015
THE OMEN (R) - ID REQ'D DIG (1250 130 350 445) 700 750 945 1030
THE BREAK-UP (PG-13) DIG (1200 240 510) 745 1020
X-MEN 3 (PG-13) DIG (1240 350) 740 1020
OVER THE HEDGE (PG) DIG (1210 235 500) 740
THE DA VINCI CODE (PG-13) DIG (1215 340) 720 1030
MISSION IMPOSSIBLE 3 (PG-13) DIG 1010

OC= Open Captioned DA= Descriptive Audio Available

The National Institute of Dental and Craniofacial Research

seeks patients with the following conditions:

- Enlarged Gums caused by medications (dilantin, cyclosporine and calcium channel blockers).
- Brandywine tooth and gum problems.

All study participants will have an examination of their teeth and gum tissues. If you have a gum enlargement that needs to be removed or need extractions, we will provide these services for you.

All study-related tests and medications at the NIH Clinical Center are provided at no cost.

CALL TODAY

1-800-411-1222 (TTY : 1-866-411-1010)

Se Habla Espanol

<http://clinicaltrials.gov>

National Institutes of Health, Bethesda, Maryland
accessible by metro via the Red Line
(Medical Center stop).
Parking is provided at no cost.

Department of Health and Human Services
National Institutes of Health



FAIRFAX TOWNE CENTER 10

4110 W Ox Road 800-FANDANGO 670#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1100 1130 130 200 400 430) 700 730 930
TYPHOON (R) - ID REQ'D (1220 330) 710 1010
X-MEN 3 (PG-13) DIG (1110 1210 140 300 420) 650 735 940 1020
RV (PG) (1140 210 440) 725 955
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1215 230 450) 710 930
THE LAKE HOUSE (PG) DIG (100 400) 730 1015
NACHO LIBRE (PG) DIG (215 445) 730 1000
CARS (G) DIG (1150 1230 100 300 345 420) 645 715 750 945 1015
THE OMEN (R) - ID REQ'D DIG (1250 130 350 445) 700 750 945 1030
THE BREAK-UP (PG-13) DIG (1200 240 510) 745 1020
X-MEN 3 (PG-13) DIG (1240 350) 740 1020
OVER THE HEDGE (PG) DIG (1210 235 500) 740
THE DA VINCI CODE (PG-13) DIG (1215 340) 720 1030
MISSION IMPOSSIBLE 3 (PG-13) DIG 1010

GERMANTOWN STADIUM 14

20000 Century Blvd 800-FANDANGO 455#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1200 115 330 440) 715 800 1010
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1215 230 450) 710 930
THE LAKE HOUSE (PG) DIG (100 400) 730 1015
NACHO LIBRE (PG) DIG (215 445) 730 1000
CARS (G) DIG (1150 1230 100 300 345 420) 645 715 750 945 1015
THE OMEN (R) - ID REQ'D DIG (1250 130 350 445) 700 750 945 1030
THE BREAK-UP (PG-13) DIG (1200 240 510) 745 1020
X-MEN 3 (PG-13) DIG (1240 350) 740 1020
OVER THE HEDGE (PG) DIG (1210 235 500) 740
THE DA VINCI CODE (PG-13) DIG (1215 340) 720 1030
MISSION IMPOSSIBLE 3 (PG-13) DIG 1010

UA SNOWDEN SQ STADIUM 14

9161 Commerce Ctr Dr 800-FANDANGO 570#

Adv. Tix on Sale CLICK (PG-13) ★
Adv. Tix on Sale SUPERMAN RETURNS (PG-13) ★
Adv. Tix on Sale PIRATES OF THE CARIBBEAN: DEAD MAN'S CHEST (PG-13) ★
NACHO LIBRE (PG) DIG (1115 145 430) 745 1010
FAST & THE FURIOUS 3 (PG-13) DIG (1115 200 445) 745 1010
GARFIELD: A TALE OF TWO KITTIES (PG) DIG (1145 215 530) 800 1000
THE LAKE HOUSE (PG) DIG (1115 145 430) 745 1010
NACHO LIBRE (PG) DIG (1130 215 445) 730 1005
CARS (G) DIG (1100 1200 100 200 300 400 500) 700 730 815 945 1015
THE OMEN (R) - ID REQ'D DIG (100 415) 715 950
OC & DA: THE BREAK-UP (PG-13) DIG (130) 950
THE BREAK-UP (PG-13) DIG (1100 415) 700
AN INCONVENIENT TRUTH (PG) DIG (1145 230 500) 800 1015
X-MEN 3 (PG-13) DIG (1245 430) 715 1000
OVER THE HEDGE (PG) DIG (1130 145 400) 645 915
THE DA VINCI CODE (PG-13) DIG (1200 315) 630 940
MISSION IMPOSSIBLE 3 (PG-13) DIG (1215 315) 645 940

* Pass / Discount Ticket Restrictions Apply

©2006



Experience The Difference.

Advanced Ticketing
at MovieWatcher.com

AMC SELECT - The best specialty films.

AMC HOFFMANN CENTER 22

Eisenhower Ave and Telegraph Road in Alexandria
703-998-4AMC

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 12:00, 1:00, 2:30, 3:30, 5:00, 5:55, 7:30, 8:30, 10:00, 10:45
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 11:50, 1:05, 2:05, 3:20, 4:20, 5:25, 7:50, 10:10
NACHO LIBRE (PG) ✓ 12:15, 1:45, 2:45, 4:15, 5:15, 6:45, 7:45, 9:15, 10:15
CARS (G) 11:20, 12:05, 12:50, 1:35, 2:20, 3:05, 3:50, 4:35, 5:20, 6:05, 6:50, 7:35, 8:20, 9:05, 9:50, 10:35
CARS (G) 12:05, 3:05, 6:05, 9:05
THE OMEN (R) 12:10, 1:40, 3:10, 4:45, 6:10, 7:20, 9:10, 9:55
THE BREAK-UP (PG13) 11:05, 12:35, 1:45, 3:15, 4:25, 5:50, 7:05, 8:35, 9:45
X-MEN: THE LAST STAND (PG13) 12:25, 1:55, 3:25, 4:55, 6:25, 7:25, 8:55, 10:25
THE DA VINCI CODE (PG13) 12:30, 4:00, 6:30, 7:40, 10:20
OVER THE HEDGE (PG) 12:55, 3:10, 5:30, 7:40, 10:05
MISSION: IMPOSSIBLE III (PG13) 12:45, 3:45, 7:10, 10:05



THE LAKE HOUSE (PG) ✓ 11:45, 2:15, 4:40, 7:15, 9:40
A PRAIRIE HOME COMPANION (PG13) 11:00, 1:30, 4:05, 6:55, 9:35
AN INCONVENIENT TRUTH (PG) ✓ 11:30, 2:00, 4:30, 7:00, 9:30

AMC SPRINGFIELD MALL 10

Loisdale and Franconia Road
703-971-3991

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) 1:30, 4:30, 7:30, 10:10
GARFIELD: A TAIL OF TWO KITTIES (PG) 12:45, 2:50, 5:00, 7:20, 9:30
NACHO LIBRE (PG) 1:00, 3:15, 5:30, 7:45, 10:00
CARS (G) 1:15, 4:10, 7:00, 9:45
THE OMEN (R) 1:50, 4:50, 7:35, 10:15
THE BREAK-UP (PG13) 1:30, 4:20, 7:15, 9:50
X-MEN: THE LAST STAND (PG13) 1:10, 4:10, 7:10, 9:45
THE DA VINCI CODE (PG13) 1:20, 4:40, 8:00
OVER THE HEDGE (PG) 1:00, 3:10, 5:20, 7:30
MISSION: IMPOSSIBLE III (PG13) 9:40 PM



AMC MAZZA GALLERIE

Jenifer and Wisconsin
202-537-9553

GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 12:15, 2:15, 4:15, 6:15, 8:15, 10:15
CARS (G) 12:20, 1:20, 3:20, 4:20, 6:20, 7:20, 9:30, 10:15
THE BREAK-UP (PG13) 12:00, 1:00, 2:30, 3:30, 5:00, 6:05, 7:30, 8:30, 10:00
THE DA VINCI CODE (PG13) 12:00, 3:15, 9:45



THE LAKE HOUSE (PG) ✓ 12:45, 3:05, 5:25, 7:45, 10:10

LOEWS GEORGETOWN 14

3111 K Street, N.W.
202-342-6441 821

PRESENTED IN DIGITAL PROJECTION

CARS (G) 12:45, 3:45, 6:40, 9:40

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 12:30, 2:05, 3:05, 4:40, 5:40, 8:15, 9:50, 10:45
NACHO LIBRE (PG) ✓ 12:00, 2:30, 5:00, 7:30, 10:00
THE OMEN (R) 2:40, 5:25, 8:05, 10:35
THE BREAK-UP (PG13) 1:00, 2:00, 3:30, 4:30, 6:45, 7:45, 9:20, 10:20
X-MEN: THE LAST STAND (PG13) 2:20, 5:10, 7:50, 10:40
THE DA VINCI CODE (PG13) 12:20, 3:50, 7:20, 10:45
OVER THE HEDGE (PG) 1:50, 4:00, 6:30
MISSION: IMPOSSIBLE III (PG13) 9:00 PM



THE LAKE HOUSE (PG) ✓ 11:00 AM
THE LAKE HOUSE (PG) ✓ 12:15, 1:45, 2:45, 4:15, 5:15, 7:00, 8:00, 9:30, 10:30
A PRAIRIE HOME COMPANION (PG13) 1:30, 4:10, 7:10, 10:10
AN INCONVENIENT TRUTH (PG) 1:15, 4:50, 7:40, 10:15

LOEWS UPTOWN 1

3426 Connecticut Avenue N.W.
202-966-5400 713

MISSION: IMPOSSIBLE III (PG13) 1:20, 4:10, 7:00, 9:45

AMC POTOMAC MILLS 18

2700 Potomac Mills Circle, Ste 886
703-998-4262

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 12:15, 1:30, 2:45, 4:00, 5:15, 6:30, 7:45, 9:00, 10:15
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 1:15, 3:15, 5:25, 7:40, 9:50
NACHO LIBRE (PG) ✓ 12:00, 2:30, 5:00, 7:30, 10:00
CARS (G) 12:20, 1:20, 2:20, 3:20, 4:20, 5:20, 6:20, 7:20, 8:20, 9:20, 10:20
THE OMEN (R) 12:05, 1:50, 2:40, 4:25, 5:20, 7:05, 8:00, 9:45, 10:40
THE BREAK-UP (PG13) 12:25, 2:05, 3:00, 4:35, 5:30, 7:15, 8:05, 10:05
X-MEN: THE LAST STAND (PG13) 1:35, 4:15, 6:55, 9:25, 10:45
THE DA VINCI CODE (PG13) 12:10, 3:25, 6:40, 9:55
OVER THE HEDGE (PG) 12:30, 2:50, 5:10, 7:25, 9:35
MISSION: IMPOSSIBLE III (PG13) 1:55, 4:50, 7:50, 10:50



THE LAKE HOUSE (PG) ✓ 2:00, 4:30, 7:00, 9:30
A PRAIRIE HOME COMPANION (PG13) 2:35, 5:05, 7:35, 10:10
AN INCONVENIENT TRUTH (PG) 2:10, 4:40, 7:10, 9:40

AMC COLUMBIA MALL 14

10300 Patuxent Parkway
410-423-0520

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) 1:35, 4:10, 6:35, 9:00
GARFIELD: A TAIL OF TWO KITTIES (PG) 12:20, 2:30, 4:40, 7:00, 9:10
NACHO LIBRE (PG) 12:00, 2:25, 4:50, 7:15, 9:40
CARS (G) 12:10, 1:30, 3:00, 4:30, 5:50, 7:30, 8:40, 10:20
THE OMEN (R) 1:50, 4:35, 7:20, 10:00
THE BREAK-UP (PG13) 12:35, 1:45, 3:05, 4:20, 5:35, 7:05, 8:05, 10:35
THE BREAK-UP (PG13) 12:35, 3:05, 5:35, 8:05, 10:35
X-MEN: THE LAST STAND (PG13) 11:50, 2:40, 5:20, 7:50, 10:45
THE DA VINCI CODE (PG13) 12:25, 3:40, 6:55, 10:10
OVER THE HEDGE (PG) 11:55, 2:00, 4:05, 6:20, 8:30, 10:40
MISSION: IMPOSSIBLE III (PG13) 9:35 PM



THE LAKE HOUSE (PG) 12:05, 2:45, 5:15, 7:45, 10:15
A PRAIRIE HOME COMPANION (PG13) 11:45, 2:20, 5:00, 7:35, 10:05
AN INCONVENIENT TRUTH (PG) 12:15, 2:50, 5:30, 8:00, 10:30

LOEWS FAIRFAX SQUARE 8

8065 Leesburg Pike
703-506-9857 802

REEL MOMS RV (PG) 11:00 AM
THE OMEN (R) 12:00, 2:30, 5:00, 7:45, 10:05
X-MEN: THE LAST STAND (PG13) 12:15, 2:45, 5:20, 8:00, 10:30
OVER THE HEDGE (PG) 12:30, 2:40, 4:50, 7:00, 9:10
MISSION: IMPOSSIBLE III (PG13) 1:00, 4:15, 7:15, 9:55
RV (PG) 1:30, 5:30, 7:55, 10:15



AN INCONVENIENT TRUTH (PG) 12:20, 2:35, 5:00, 7:10, 9:30
KEEPING UP WITH THE STEINS (PG13) 12:45, 3:00, 5:25, 7:35, 9:50
AKEELAH AND THE BEE (PG) 1:45, 4:45, 7:50, 10:20

MAGIC JOHNSON CAPITAL CENTRE 12

800 Shopper's Way, Largo
301-324-4220 844

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) 2:40, 5:05, 7:40, 10:10
GARFIELD: A TAIL OF TWO KITTIES (PG) 1:00, 3:15, 5:20, 7:35, 9:55
NACHO LIBRE (PG) 2:30, 5:00, 7:30, 10:00
CARS (G) 1:10, 2:10, 4:10, 5:10, 7:10, 8:05, 9:50, 10:45
THE OMEN (R) 1:50, 2:50, 4:25, 5:25, 7:00, 8:00, 9:30, 10:30
THE BREAK-UP (PG13) 2:45, 5:30, 7:55, 10:35
X-MEN: THE LAST STAND (PG13) 2:25, 4:55, 7:25, 10:05
OVER THE HEDGE (PG) 2:05, 4:05, 6:15, 8:20, 10:25
MISSION: IMPOSSIBLE III (PG13) 1:15, 4:15, 7:15, 10:15



THE LAKE HOUSE (PG) 2:15, 4:35, 7:05, 9:35
THE LAKE HOUSE (PG) 2:15, 4:35, 7:05, 9:35

LOEWS SHIRLINGTON 7

2772 South Randolph
703-671-0910 801

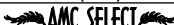


A PRAIRIE HOME COMPANION (PG13) 1:50, 4:30, 7:00, 9:20
DISTRICT B-13 (R) 1:30, 7:40
AN INCONVENIENT TRUTH (PG) 1:20, 3:30, 5:40, 7:50, 10:00
SKETCHES OF FRANK GEHRY (PG13) 4:10, 9:10
THE PROPOSITION (R) 1:40, 4:20, 7:30, 9:50
THE LOST CITY (R) 2:00, 5:00, 8:00
WATER (PG13) 1:00, 3:40, 7:00, 9:40
FRIENDS WITH MONEY (R) 1:10, 7:20
THANK YOU FOR SMOKING (R) 3:50, 9:30

AMC TYSONS CORNER 16

7850 Tysons Corner Center
703-998-4262

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 12:30, 1:30, 2:45, 3:50, 5:00, 6:10, 7:20, 8:30, 9:40, 10:45
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 12:50, 2:55, 4:55, 7:15, 9:20
NACHO LIBRE (PG) ✓ 12:00, 1:10, 2:20, 3:30, 4:40, 5:50, 7:00, 8:15, 9:30, 10:35
CARS (G) 12:10, 1:40, 3:00, 4:30, 5:45, 7:30, 8:45, 10:25
CARS (G) 1:40, 4:30, 7:30, 10:25
THE OMEN (R) 12:20, 2:50, 4:15, 5:25, 8:10, 9:35, 10:40
THE BREAK-UP (PG13) 12:05, 1:15, 2:35, 3:45, 5:05, 6:30, 7:45, 9:05, 10:30
X-MEN: THE LAST STAND (PG13) 12:25, 1:45, 2:50, 5:20, 7:05, 8:05, 10:30
THE DA VINCI CODE (PG13) 12:45, 4:10, 7:25, 10:40
OVER THE HEDGE (PG) 1:05, 3:15, 5:10, 7:40
MISSION: IMPOSSIBLE III (PG13) 1:55, 4:50, 7:50, 10:50



THE LAKE HOUSE (PG) ✓ 12:35, 3:05, 5:30, 7:55, 10:15
A PRAIRIE HOME COMPANION (PG13) 12:15, 2:40, 5:10, 7:50, 10:20

AMC RIVERTOWNE 12

Exit 4A I-95, 1/2 mi. on Oxon Hill Rd.
703-998-4AMC

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 12:50, 1:45, 3:15, 4:40, 5:40, 7:20, 8:20
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 12:45, 3:10, 5:25, 7:50
NACHO LIBRE (PG) ✓ 12:30, 3:10, 5:30, 8:00
CARS (G) 12:25, 1:20, 3:30, 4:30, 6:30, 7:30
THE OMEN (R) 12:40, 1:40, 4:05, 4:50, 7:20, 8:00
THE BREAK-UP (PG13) 1:10, 4:10, 7:15
X-MEN: THE LAST STAND (PG13) 1:35, 4:20, 7:00
OVER THE HEDGE (PG) 12:35, 3:05, 5:15, 7:45



THE LAKE HOUSE (PG) ✓ 1:00, 4:25, 7:40

AMC COURTHOUSE PLAZA 8

Courthouse and Birch Rd.
703-998-4AMC

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 2:00, 2:45, 4:30, 5:15, 7:00, 7:45, 9:30, 10:15
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 3:00, 5:10, 7:10, 9:10
CARS (G) 2:05, 2:50, 4:50, 6:25, 7:25, 9:00, 10:10
X-MEN: THE LAST STAND (PG13) 2:30, 5:00, 7:30, 10:00
OVER THE HEDGE (PG) 2:40, 4:45, 6:50, 9:05



A PRAIRIE HOME COMPANION (PG13) 2:20, 5:05, 7:40, 10:05

AMC COUNTRY CLUB MALL 6

Country Club Mall on Vocke Rd near Route 68.
703-998-4AMC

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) ✓ 1:15, 4:30, 7:20, 9:55
GARFIELD: A TAIL OF TWO KITTIES (PG) ✓ 12:45, 2:45, 5:00, 7:50, 9:45
THE OMEN (R) 1:00, 4:10, 7:10, 9:45
THE OMEN (R) 1:00, 4:10, 7:10, 9:45
THE BREAK-UP (PG13) 1:00, 4:20, 7:30, 9:55
THE DA VINCI CODE (PG13) 9:15 PM
OVER THE HEDGE (PG) 12:30, 2:30, 4:50, 7:00



THE LAKE HOUSE (PG) ✓ 1:30, 4:40, 7:40, 10:05

LOEWS WISCONSIN AVE. 6

4000 Wisconsin Avenue, N.W.
202-244-0882 714

THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) 1:25, 2:15, 4:05, 4:45, 6:40, 7:20
THE FAST AND THE FURIOUS 3: TOKYO DRIFT (PG13) 1:25, 2:15, 4:05, 4:45, 6:40, 7:20
NACHO LIBRE (PG) 2:30, 4:45, 7:15
THE OMEN (R) 1:45, 4:25, 7:05
X-MEN: THE LAST STAND (PG13) 1:30, 4:15, 7:00

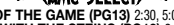


A PRAIRIE HOME COMPANION (PG13) 1:50, 4:20, 7:10

LOEWS DUPONT 5

1350 19th St.
202-872-9555 711

DOWN IN THE VALLEY (R) 1:45, 4:15, 7:10, 9:50



THE HEART OF THE GAME (PG13) 2:30, 5:00, 7:30, 9:45
KEEPING UP WITH THE STEINS (PG13) 2:20, 5:10, 7:20, 9:40
WATER (PG13) 2:00, 4:30, 7:00, 9:30
SWIMMERS (NR-NOT RATED) 3:00, 5:30, 7:40, 10:00

LOEWS WHITE FLINT 5

North Bethesda
310-423-1014 741

CARS (G) 1:45, 4:45, 7:35, 10:15
THE BREAK-UP (PG13) 1:30, 4:30, 7:15, 9:45
X-MEN: THE LAST STAND (PG13) 1:35, 4:15, 7:25, 10:05
THE DA VINCI CODE (PG13) 1:00, 4:00, 7:00, 10:00



THE LAKE HOUSE (PG) 2:00, 4:25, 7:10, 9:35

Times for Tuesday, June 20, 2006

✓-SPECIAL ENGAGEMENT No passes or discount coupons

Closed Captioning

Descriptive Video Service

Matinee price for all shows Fri-Sun & holidays before 4PM and Mon-Thu before 6PM.

build your IT skills

at our Arlington site on the Metro Line

MULTI-CERTIFICATE: Starts June 20
A+/Network+/CCNA/MCP/Security+

Oracle 10g DBA Starts June 28

CISSP Starts July 22

MCSE Windows 2003 Starts July 31

MS Exchange Starts July 31

Web Development Starts September 23

Call Program Advisor
at 202.687.4504
or email
cpdit@georgetown.edu

Georgetown
UNIVERSITY



CENTER for
PROFESSIONAL
DEVELOPMENT

<http://cpd.georgetown.edu>



Miele's Mobile Showroom is Coming to Town!

Thursday, June 22nd, Friday, June 23rd: 10am-4pm
Saturday, June 24th: 10am-2pm

Come visit Miele's Mobile Showroom at Brother's Sew & Vac to support a great cause. As Brother's celebrates their 50th anniversary of quality service, this is your chance to get up close and personal with the legendary quality of Miele appliances and vacuums! A portion of vacuum sales will be donated to benefit Children's Hospital.



Miele

Brothers Sew & Vac
Serving you since 1956

5268-N Nicholson Lane, Kensington, MD 20895
(301) 881-3470

Place your Classified ad today. 202-334-6200.

express
www.readexpress.com

METRO LINKS

Find restaurants, bars, theaters and
more near any Metro station.

readexpress.com

NIH Vaccine Studies

Volunteer Today

The National Institute of Child Health and Human Development is seeking healthy men and women, ages 18 to 45, to participate in an investigational typhoid vaccine study (06-CH-0070) or an investigational anthrax vaccine study (04-CH-0283) conducted at the National Institutes of Health Clinical Center in Bethesda, Maryland.

Compensation will be provided.
Parking is provided to the participant at no cost.
The NIH Clinical Center is conveniently located on the metro red line (Medical Center stop).

Please call 1-800-411-1222 (TTY:1-866-411-1010)

<http://clinicaltrials.gov>
se habla español



Department of Health and Human Services
National Institutes of Health
National Institute of Child Health and Human Development

CLINICAL RESEARCH VOLUNTEERS

WORKING TOGETHER TO MAKE A DIFFERENCE.

The NIH Clinical Center is devoted entirely to research on common and rare disorders. Many of these studies involve healthy volunteers, who assist in finding new ways to prevent, diagnose and treat disorders. Please consider participating in one of our healthy volunteer studies.

Participants are compensated.

We are currently recruiting adults 18-55 for:

- A study that determines if herbal supplements will change the metabolism of an anti-viral medication (05-CC-0082)
- A study that evaluates the effects of genetics on the metabolism of anti-viral medication (06-CC-0006)

Refer to study number when you call

For more information please call:
1-866-444-6679 (TTY: 1-866-411-1010)
Se habla español
<http://clinicaltrials.gov>

Department of Health and Human Services
National Institutes of Health

Entertainment

Television Heats Up

A new net takes a gamble on the appeal of steamy soaps

NEW PARADIGMS | Anyone who grumbles that there's nothing new in television hasn't heard about My Network TV.

Created out of the ashes of UPN and due to take flight on Sept. 5, this haven for prime-time soap operas represents one of the most intriguing rolls of the dice that the TV business has seen in several years.

It will test whether there is an English-language marketplace for telenovelas, the steamy, short-run stories that are all the rage in Latin America and the programming foundation for Univision, the nation's most popular Spanish-language network. "There's always been a reluctance on the part of American television to recognize formats from around the world," said Jack Abernethy, CEO of Fox Television Stations.

My Network TV will "strip" its stories just like daytime soap operas, with a new episode five nights a week. The dramas will run in 13-week increments — four separate stories under the "Desire" umbrella.



My Network TV's "Desire" hopes to attract fans of prime-time soaps.

la at 8 p.m. and four stories under "Secret Obsessions" at 9 p.m.

The network has purchased scripts that aired successfully overseas, like the "Table for Three" story that debuts this fall. The saga of two brothers who fall in love with the same beautiful woman, while each man is being chased by the Mafia, was a big hit when it aired in Colombia. DAVID BAUDER (AP)



DO YOU HAVE HIGH BLOOD PRESSURE?

If you have high blood pressure you may qualify for a research study that will evaluate the effectiveness of an investigational combination of two already approved medications in controlling blood pressure. Study participation includes: Medical exam by a physician, study medication and up to \$350.00 compensation.

Millennium Clinical Research Center
at (703) 527-8100

or e-mail us at bloodpressurestudy@yahoo.com.
Located across the VA Square Metro in Arlington

A LUCKY 'BREAK': William Fichtner may not have a starring role on "Invasion" to pay the rent, but he has bounced back on prime time. He'll star as a federal agent assigned to apprehend the escapees on next season's "Prison Break."



Television

ON TV TONIGHT

HE SAID, HE SAID AND HE SAID
FRONTLINE (9 p.m., PBS) presents "The Dark Side," about the political turf wars between George Tenet and his CIA and the offices of Vice President Dick Cheney and Defense Secretary Donald Rumsfeld after Sept. 11, 2001.

IS IT RERUN SEASON YET?
A high-school hostage crisis turns deadly on **NCIS** (8 p.m., CBS) ... On back-to-back episodes of **HOUSE** (Fox), lies between father and son (8 p.m.), performance-enhancing drugs (9 p.m.) ... Paul Anka guest stars on **GILMORE GIRLS** (8 p.m., WB) ... A mission to Taliban country turns into a dangerous helicopter ride on **THE UNIT** (9 p.m., CBS).

THAT SOUNDS LIKE FUN
DIRTY JOBS (9 p.m., Discovery) returns



GRIME WAVE: Mike Rowe gets down in the muck as the host of "Dirty Jobs."

with a look at those who dismantle parade floats after the festivities conclude.

CULT CHOICE
The Corleones and the Vatican collide in the 1990 sequel **THE GODFATHER, PART III** (10:15 p.m., AMC). KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

Dangerous Laughs

Kathy Griffin gets in the line of fire while entertaining troops

SPECIAL | One doesn't expect touching moments from "Kathy Griffin: My Life on the D-List" (9 p.m., Bravo), but the comic delivers them on a special episode documenting her tour of military bases in Kuwait and Iraq.

Griffin has a point to make. At the beginning of the show, she challenges talk-show conservatives with the taunt: "I'm going to Tikrit next week. How about you?" She's accompanied by Michael McDonald ("Mad



WELCOME BREAK: Griffin with the troops, who were grateful for the laughs.

TV") and Karri Turner ("Jag"). Along the way, none of them loses the ironic edge or eye for comedic details. The three performers, who have a history together in the Groundlings Comedy Troupe, provide some hilariously profane improvisations to the wild delight of the soldiers. They clearly don't care about the D-list talent. Some of them declare that it was the first time they had laughed in weeks.

Griffin soon learns that not even the garish marble of Hussein's Donald Trump-like palace can shield her from danger. While preparing for her final performance, the hotel comes under rocket attack, and the group wonders whether the show can go on. "This is not a Toby Keith song," she says at one point. KEVIN MCDONOUGH (UNITED FEATURE SYNDICATE)

	6:20:06	6:00 PM	6:30	7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00	11:30
LOCAL CHANNELS	WRC 4	News		NBC Nightly News	Access Hollywood	Fear Factor "Reality Stars" (N)		Last Comic Standing (N)		Law & Order: Special Victims Unit		News	Tonight Show
	WTTG 5	Seinfeld	The Simpsons	The Simpsons	Seinfeld	House "Daddy's Boy" (PA)		House "Spin" (PA)		News		Geraldo at Large	King of the Hill
	WJLA 7	News	ABC Wild News	Wheel of Fortune	Jeopardy! (N)	According to Jim	(31) NBA Nation	(08) NBA Basketball Finals Game 6 -- Miami Heat at Dallas Mavericks. (S Live)					(38) News
	WUSA 9	News	CBS News	9News Tonight	Entertainment	NCIS "Bait" (iTV)		The Unit "Dedication"		Tuesday Night Book Club (N)		News	Late Show
	WDCA 20	Every-Raymond	That '70s Show	MLB Baseball Washington Nationals at Boston Red Sox. From Fenway Park in Boston. (Live)						America's Next Top Model		Veronica Mars "Rat Saw God"	
	WMPT 22	The NewsHour With Jim Lehrer (N)	Business Rpt.	Outdoors Md.		Nova "Newton's Dark Secrets"		Frontline "The Dark Side" (N)		Independent Lens "The Devil's Miner"			
BASIC CABLE	WETA 26	BBC World News	Business Rpt.	The NewsHour With Jim Lehrer (N)		Nova "A Daring Flight" (DVS)		Frontline "The Age of AIDS" (Part 1 of 2)		P.O.V. "Family Fundamentals"			
	WHUT 32	World Business	Tavis Smiley	BBC World News	Moneywise	Mystery: Mrs. Bradley		Adrift		BBC World News	Tavis Smiley	Charlie Rose (N)	
	WDCW 50	My Wife and Kids	Bernie Mac	My Wife and Kids	Bernie Mac	Gilmore Girls "The Real Paul Anka"		Pepper Dennis (N)		Friends	Friends	Sex and the City	Sex and the City
	A&E	Amer. Justice		Cold Case Files		Rampage Killers: Looking for Signs		Bounty Hunter	Bounty Hunter	King of Cars (N)	King of Cars	Crossing Jordan	
	Animal	The Crocodile Hunter		The Most Extreme "Loudmouths"		The Most Extreme "Living Dead"		The Most Extreme "Weird Weapons"		The Crossing		The Most Extreme "Living Dead"	
	BET	106 & Park: BET's Top 10 Live		Access Granted		"Motives" (2004) Vivica A. Fox. A successful businessman cheats on his wife.				Top 12 Moments of BET Awards		Jamie Foxx	Jamie Foxx
SPORTS	Bravo	Kathy Griffin: My Life on the D-List		The West Wing		Kathy Griffin: My Life on the D-List		Kathy Griffin: My Life on the D-List		Queer Eye for the Straight Guy (N)		Kathy Griffin: My Life on the D-List	
	Comedy	★ "The Stupids" (1996, Comedy) Tom Arnold, Jessica Lundy, Bug Hall.		Daily Show		Colbert Report		Mind of Mencia	South Park	Dog Bites Man	Chappelle's Show	Daily Show	Colbert Report
	Court	NYPD Blue "Rockin' Robin"		Cops		Cops		Cops	Cops	Riots: Mobs Out of Control		Masterminds	Masterminds
	Discovery	Cash Cab	Cash Cab	Dirty Jobs	Dirty Jobs	Deadliest Catch "Heading out to Sea"		Dirty Jobs	Dirty Jobs	Lobstermen: Jeopardy at Sea		Dirty Jobs	Dirty Jobs
	DISCH	Paramedics "Tough Love"		Trauma: Life in the ER		Sex Change "Him to Her"		Anatomy of Sex		Diagnosis: Unknown		Sex Change "Him to Her"	
	Disney	That's So Raven	Zack & Cody	Phil of the Future	That's So Raven	★ ★ "Stuart Little 2" (2002) Geena Davis.		American Drgn	American Drgn	American Drgn	American Drgn	Zack & Cody	That's So Raven
MOVIES	E!	Sexiest "Bad Boys"	Bad boys.	E! News (N)	The Daily 10 (N)	★ ★ "Dazed and Confused" (1993, Drama) Jason London, Wiley Wiggins.		★ ★ "Fatal Reunion" (2005, Suspense) Erika Eleniak, David Millbern.		Sexiest Brunettes. (N)		E! News	Sat. Night Live
	FX	King of the Hill	That '70s Show	★ ★ "Welcome to Mooseport" (2004, Comedy) Gene Hackman, Ray Romano. Premiere.				Rescue Me "Sparks" (N)		Rescue Me "Sparks" (N)		Will & Grace	Will & Grace
	HGTV	Renovation	Wknd Warriors	Curb Appeal	House Hunters	Designed to Sell	Bad, Bad Bath (N)	Decorating Cents	Curb Appeal (N)	House Hunters	Buy Me	Parents House	Designer Finals
	Family	7th Heaven "I Love You"		7th Heaven "Who Knew?"		★ ★ "Uptown Girls" (2003, Comedy) Brittany Murphy, Dakota Fanning.		Whose Line?	Whose Line?	Whose Line?	Whose Line?	The 700 Club	
	History	Detectives: The Six Day War		Modern Marvels: Gasoline		Giganto: The Real King Kong		Mega Disasters		Mega Movers "Giant Structures" (N)		History Rocks	
	Lifetime	The Golden Girls	The Golden Girls	★ ★ "The Mary Kay Letourneau Story: All-American Girl" (2000) Erika Eleniak, David Millbern.		"Fatal Reunion" (2005, Suspense) Erika Eleniak, David Millbern.		Will & Grace	Will & Grace	Will & Grace	Will & Grace	Will & Grace	Will & Grace
NEWS	MTV	Parental Control	Room Raiders	Sucker Free		Cheyenne	Cheyenne	The Real World	The Real World	The Real World	Blowin' Up	Yo Momma	Cheyenne
	NICK	Ned's School	Danny Phantom	Fairly OddParents	Jimmy Neutron	SpongeBob	Zoey 101	Full House	Hi-Jinks	Fresh Prince	Roseanne	Roseanne	The Cosby Show
	SCI FI	★ "Return of the Living Dead III" (1993, Horror) Mindy Clarke.		★ ★ "House of the Dead" (2003, Horror) Jonathan Cherry, Tyron Leitso.		★ ★ "Die Another Day" (2002) Pierce Brosnan, James Bond and an American spy track a North Korean villain.		Sex and the City	Sex and the City	(05) Seinfeld	(35) Seinfeld	Every-Raymond	Message-Bottle
	SPIKE	World's Wildest Police Videos		CSI: Crime Scene Investigation		Friends	Friends	Sex and the City	Sex and the City	(05) Seinfeld	(35) Seinfeld	Every-Raymond	Message-Bottle
	TBS	Seinfeld	Seinfeld	Every-Raymond	Every-Raymond	Friends	Friends	Sex and the City	Sex and the City	(05) Seinfeld	(35) Seinfeld	Every-Raymond	Message-Bottle
	TLC	While You Were Out		Overhaulin' Dream convertible.		Wrecks to Riches "Christine Camaro"		Overhaulin' "Mean Anemul" (N)		Miami Ink "Bad Break"		Wrecks to Riches "Christine Camaro"	
ENCORE	TNT	Law & Order "Collision"		Without a Trace "Clare de Lune"		Law & Order "Cry Wolf"		Law & Order "Genius" (DVS)		Law & Order "Cut"		Cold Case "Fly Away"	
	USA	(5:00) ★ ★ "Jeepers Creepers 2"		Law & Order: Criminal Intent "Badge"		Law & Order: Special Victims Unit		★ ★ "Along Came Polly" (2004) Ben Stiller, Jennifer Aniston.		(05) Law & Order: Criminal Intent		(05) Law & Order: Criminal Intent	
	VH1	100 Greatest Teen Stars Teens 80-61.		100 Greatest Teen Stars Teens 60-41.		100 Greatest Teen Stars Teens 40-21.		100 Greatest Teen Stars Teens 20-1.		My Fair Brady	Fabulous Life Of...	The Surreal Life	The Surreal Life
	TELEM	Sala de Parejas	Noti-Telemndo	La Tormenta		(05) Tierra de Pasiones		Amores de Mercado		Decisiones		Noti-Telemndo	Laura
	UNIV	Que Locura	Noticiero Univ	Peregrina (N)		La Fea Más Bella (N)		Barrera de Amor (N)		Que Madre Tan	Vecinos	Primer Impacto	Noticiero Univ.
	ESPN	SportsCenter (Live)		Interruption		2005 U.S. Poker Championships (N)		2005 U.S. Poker Championships (N)		Baseball Tonight (Live)			SportsCenter
ENCORE	ESPN2	(5:00) College Baseball NCAA World Series Game 9 -- Teams TBA.		SportsCenter		College Baseball NCAA World Series Game 10 -- Teams TBA. From Omaha, Neb. (Live)							
	CSN	The Sports List	SportsNite	MLB Baseball Florida Marlins at Baltimore Orioles. From Oriole Park at Camden Yards in Baltimore. (Live)						SportsNite (Live)		Endless Golf	Best-Sports
	CNN	Lou Dobbs Tonight		The Situation Room		Paula Zahn Now		Larry King Live		Anderson Cooper 360			
	FNC	Special Report (Live)		The Fox Report With Shepard Smith		The O'Reilly Factor (Live)		Hannity & Colmes (Live)		On the Record-Van Susteren		The O'Reilly Factor	
	MSNBC	The Abrams Report		Hardball		Countdown With Keith Olbermann		Scarborough Country		Rita Cosby Live & Direct		The Situation With Tucker Carlson	
	AMC	(5:15) ★ ★ "Hoodlum" (1997, Drama) Laurence Fishburne, Tim Roth. 'R'		★ ★ ★ "A Civil Action" (1998, Drama) John Travolta. 'PG-13'		(15) ★ ★ ★ "The Godfather, Part III" (1990, Crime Drama) Al Pacino. 'R'							
ENCORE	TCM	(4:30) The Heiress	★ ★ ★ ★ "The Palm Beach Story" (1942) 'NR'		★ ★ ★ "Man of the West" (1958, Western) Gary Cooper, Julie London. 'NR'		★ ★ ★ "Devil's Doorway" (1950) Robert Taylor. 'NR'		★ ★ Cimarron				
	HBO	(4:00) ★ ★ Ray	★ ★ ★ "Napoleon Dynamite" (2004) Jon Heder. 'PG'		★ ★ ★ "Madagascar" (2005) Voices of Ben Stiller. 'PG'		★ ★ "Land of the Dead" (2005) Simon Baker. 'R'		★ ★ Intimate Sessions				
	MAX	(05) ★ "Taxi" (2004) Queen Latifah. 'PG-13'		(45) ★ ★ "The Rock" (1996, Action) Sean Connery, Nicolas Cage, Ed Harris. 'R'		★ ★ "Be Cool" (2005, Comedy) John Travolta. iTV. 'PG-13'		★ ★ "Huff" (iTV) Izzy disciplines Byrd. 'R'					
	SHOW	(5:15) ★ ★ "Against the Ropes" (2004, Comedy-Drama) Jude Law. iTV. 'R'		(15) ★ ★ "Alfie" (2004, Comedy-Drama) Jude Law. iTV. 'R'		★ ★ "Without a Paddle" (2004, Comedy) Seth Green. 'PG-13'		★ ★ "Clerks" (1994) Brian O'Halloran. 'R'					
	TMC	Class of 1999 II	(20) ★ ★ "Avenging Angelo" (2002) Sylvester Stallone. 'R'		★ ★ "Without a Paddle" (2004, Comedy) Seth Green. 'PG-13'		★ ★ "Clerks" (1994) Brian O'Halloran. 'R'		★ ★ "Hostage" (2005) 'R'				
	STARZ!	(5:00) ★ ★ "Out of Sight" (1998)	(10) ★ ★ "Bewitched" (2005) Nicole Kidman, Will Ferrell. 'PG-13'		★ ★ "Birth" (2004, Drama) Nicole Kidman. 'R'		(45) ★ ★ "Six Days, Seven Nights" (1998) Harrison Ford. 'PG-13'		★ ★ "Cocktail" 'R'				



METRO.
WHEREVER YOU GO.

NFORMAT ON ANYT ME 202 637 7000 • TTY 202 638 3780

M opens
metro doors
MetroOpensDoors.com

RAPID
TRANSMIT

ADVERTISE IN EXPRESS.
Call 202.334.4532

express
A publication of The Washington Post

XX140c 3x.5

Don't Breathe Filth!

**Only \$264 Buys
Clean Air For
Your Home.**

1. 50% of all illnesses are either caused or aggravated by indoor air pollution.
2. Children, the elderly, asthma and allergy sufferers, smokers and pet owners are more likely to be affected by indoor air pollution.
3. A properly cleaned duct system can reduce your gas or electric bill up to 25%.

Cyprus Air, For Air Duct Cleaning You Can Trust

Family owned and operated for over 30 years, Cyprus Air of Alexandria, Virginia has a proven track record of superior service and customer satisfaction. As members of the Air Conditioning Contractors of America, they adhere to strict professional standards and regulations.



Dust, dirt, mold and other contaminants removed from a three-year-old townhome.

50% OFF
Duct Cleaning &
FREE Furnace Cleaning

CYPRUS AIR

HEATING & COOLING

703.765.9400

7525 Richmond Hwy
Alexandria, VA
3 Miles South Of I-495 &
Old Town Alexandria
Call Monday-Saturday
8:00 A.M. - 7:00 P.M.

SERVING THE AREA FOR 30 YEARS! Thanks for trusting Washington's Most Experienced & Dependable Heating & Air Conditioning Company. Enjoy our Happy Anniversary Coupon.

Only \$264.00, a 50% savings!

Coupon Expires 6/30/06. One coupon per customer. Coupon valid for one system per household, up to 8 vents; \$20 per vent charge applies over 8 vents. One coupon per system. Includes inspection and cleaning of the entire duct system and vents, blowers, motor and all other system components. (\$328.00 Value)



40% OF RESIDENTS WHO LEAVE DC TRADE UP FOR BALTIMORE

How About **\$10,000** Toward Your Upgrade?

In 2004, 6,931 residents moved OUT of DC & INTO Baltimore and they know that Baltimore City is one of the most affordable places to live. Now you can preview the newest condo and housing developments without having to leave DC! In fact, a few of our partners are offering incentives such as \$10,000 in closing costs and plasma TVs.

What: **LIVE BALTIMORE'S NEW HOUSING AND CONDO HAPPY HOUR**

When: **WEDNESDAY, JUNE 21, 5-7:30PM**

Where: **RFD WASHINGTON
810 SEVENTH STREET, NW**

Take a virtual "tour" of the newest city developments! Meet with mortgage specialists, real estate agents and other home buying professionals. We'll help you find the perfect neighborhood and incentive programs to help get you started on your upgraded lifestyle in Baltimore.

Live
Baltimore
Home Center

STRUEVER BROS. ECCLES & ROUSE
Transforming America's Cities

LOMBARD
COURT
AT FELD POINT

STATION NORTH
Townhomes

For More Information: www.LiveBaltimore.com/dchh

It's Better in Baltimore!

No need to register! Complimentary food & bar specials.

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays. express**

XX017e 5x.5



TAKE A PASS: FIFA is dropping its demand that Northern Ireland soccer players have British passports. Soccer's governing body provoked Catholic outrage in Ireland when it ordered that all players on the soccer squad travel using the British identification.

World Cup '06

Standings

GROUP	COUNTRY	W	L	D	P
A	Ecuador	2	0	0	6
	Germany	2	0	0	6
	Poland	0	2	0	0
	Costa Rica	0	2	0	0
B	England	2	0	0	6
	Sweden	1	0	1	4
	Trinidad/Tob.	0	1	1	1
	Paraguay	0	2	0	0
C	Argentina	2	0	0	6
	Netherlands	2	0	0	6
	Ivory Coast	0	2	0	0
	Serbia/Mont.	0	2	0	0
D	Portugal	2	0	0	6
	Mexico	1	1	0	4
	Angola	0	1	1	1
	Iran	0	2	0	0
E	Italy	1	0	1	4
	Czech Republic	1	1	0	3
	Ghana	1	1	0	3
	United States	0	1	1	1
F	Brazil	2	0	0	6
	Australia	1	1	0	3
	Croatia	0	1	1	1
	Japan	0	1	1	1
G	Switzerland	1	0	1	4
	South Korea	1	0	1	4
	France	0	0	2	2
	Togo	0	2	0	0
H	Spain	2	0	0	6
	Ukraine	1	1	0	3
	Tunisia	0	1	1	1
	Saudi Arabia	0	1	1	1

Today's Matches



TOMORROW'S MATCHES

- Iran v. Angola, 10 a.m., ESPN2
- Portugal v. Mexico, 10 a.m., ESPN
- Netherlands v. Argentina, 3 p.m., ESPN
- Ivory Coast v. Serbia/Mont., 3 p.m., ESPN2

Ukraine Turns It Around, Wins 4-0

Thrashing of Saudi Arabia comes on the heels of a 4-goal loss

WORLD CUP | It took just four minutes for Ukraine to get its World Cup bid back on track.

The World Cup newcomers, coming off a 4-0 loss to Spain in Group H, got it together Monday to beat Saudi Arabia 4-0 in a rain-swept match.

Though Andriy Shevchenko was expected to lead his nation, it was

defender Andriy Rusol who scored the first goal. He knocked the ball past Saudi goalkeeper Mabrouk Zayed with his knee off a corner kick from Maxim Kalinichenko in the fourth minute.

The goal, Ukraine's first of the tournament, prompted an emotional Oleh Blokhin to scream in approval and violently whip the grass with his towel.

"It's like the tale of Cinderella," the Ukraine coach said. "The pumpkin turned into a beautiful coach and the rats into magnifi-



Andriy Shevchenko scored on a header barely 30 seconds into the second half.

cent horses. That's what happened to us today."

Serhiy Rebrov scored one of the best goals of the tournament with a 35-meter shot in the 36th minute. Zayed might have reached it on time but slipped on the wet grass, letting the ball go into the top corner.

Barely 30 seconds into the second half, Shevchenko got his goal with a header from Kalinichenko's long free kick. And Kalinichenko got his own, scoring on a pass from Shevchenko to close the scoring.

ERICA BULMAN (AP)

After 2-0 Loss, Togo Set to Go Home

Team blames referees, turmoil, readies for French in final game

WORLD CUP | Togo slumped out of the World Cup with a 2-0 loss to Switzerland on Monday, blaming its rapid exit on bad refereeing and the turmoil that has engulfed the squad.

The Sparrow Hawks trail in fourth place without a point in Group G. They next face France, which is fighting for survival after its disappointing draws against Switzerland and South Korea.

The players said they feared Friday's match would be even tougher than the Swiss game.

"We don't want to leave with zero points," said Robert Malm. "We want to score some points. For the honor of Togo."

The team put up a surpris-



Togo's Emmanuel Adebayor sits on the field after a 2-0 loss that eliminated his team.

ingly spirited performance in the first half.

It was unlucky not to be awarded a penalty in the 35th minute when star forward Emmanuel Adebayor was apparently bought down in the penalty area by Patrick Mueller.

Adebayor protested in vain but Paraguay referee Carlos Amarilla was deaf to his appeals.

The Arsenal forward stormed out after the match without speaking to journalists, still clearly angry about the decision. CLARE NULLIS (AP)

AROUND THE WORLD



Sweden's fans have been rabid so far, and it might get worse against England.

GROUP B

Police Out in Force for Game Between England, Sweden

Police from Sweden, Britain and Germany were patrolling the streets of Cologne on Monday and meeting with fans from all three countries in a bid to maintain the calm that has surrounded the World Cup. The police patrols began in earnest Sunday and were expected to continue into Tuesday, when England and Sweden face off. (AP)

Spain's Looking Like a Title Contender

WORLD CUP | This Spanish team attacks with Brazilian flair, defends with Italian grit and works as hard as the Germans.

Spain is emerging as a serious candidate for the World Cup title after rebounding from a goal down to beat Tunisia 3-1 Monday night.

Spain's unbeaten streak under coach Luis Aragones is now at 24 games and the young squad advanced to the second round

from Group H.

It was the last of the middle games of the first round.

While Spain is through, the North Africans must beat Ukraine in their last match if they hope to move on.

"I knew it was going to be a difficult match," Aragones said. "The first goal upset us. We have a very young team."

KARL RITTER (AP)

PLAYER OF THE DAY



Tranquillo Barnetta
MIDFIELDER, SWITZERLAND



His precision around goal lifted the Swiss to their first World Cup victory since 1994 and the top spot in Group G. Barnetta, 21, knocked a cross back into the path of a teammate, then finished the scoring with a low thunderbolt to the far post.

TECHNOLOGY

FIFA Says No to Video Replay

Referees will have the final say on contentious goal-line decisions at the World Cup until any technology to overrule them is perfected. FIFA communications director Markus Sieglar was adamant Monday that soccer's world governing body will not resort to having officials make decisions based on video replays. There are no other fallback devices for referees. (AP)

Introducing The Latest Technology In Comprehensive Dental & Orthodontic Care

- Implants
- Emergency Care
- Dental Check-Ups
- Crowns & Bridges
- Root Canal Therapy
- Oral Surgery
- Periodontics
- Cosmetic Dentistry
- Orthodontics
- Digital Computerized X-Rays
- Intra-Oral Camera/Video Imaging
- Air Abrasion (No More Needles)
- EVENING HOURS BY APPOINTMENT

All In One Facility

2 blocks away from
Farragut North and
Farragut West Metro

Free Orthodontic
Consultation
Free Implant
Consultation

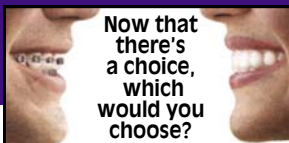
K Street Dental & Orthodontic Group

Dr. A. Shouhayib & Associates

K Street Dental
1990 K Street NW, Suite 15-A
Washington, DC 20006
202.775.0167

308 Main Street
Gaithersburg, MD 20878
Beside Whole Foods
301.977.9787

www.kstreetdental.com



Now that
there's
a choice,
which
would you
choose?

Straight Teeth. No Braces.

PREMIERE INVISALIGN PROVIDER
(top 5% Nationwide 2005)

20 | EXPRESS | 06.20.2006 | TUESDAY

Sports



"He doesn't love what he does. ... He does the minimum to obtain the maximum." —Cyclist Bobby Julich, on Tour de France competitor Jan Ullrich.



Landon Donovan, left, came back with a strong game against Italy after a poor showing in the Americans' loss to the Czechs.

Learn SPANISH now!! June 27 - August 8

6 weeks
Tuesdays and Thursdays
6:00 pm - 9:00 pm

a 10% discount is offered
for this session!

Visit our website and apply online: www.lado.edu
or call us today at 202-223-0023

Questions? Email : spanish@lado.edu

LADO has been teaching English as a Foreign Language for over 25 years.
Based on our unique methodology and experience, we have designed
a new and innovative Spanish Language Program.



LADO International College
2233 Wisconsin Avenue, NW
Washington, DC 20007
Phone 202-223-0023

GW VIRGINIA CAMPUS – LOUDOUN GW ARLINGTON AND ALEXANDRIA CENTERS

GRADUATE PROGRAMS IN ENGINEERING MANAGEMENT & SYSTEMS ENGINEERING

Focus on your interests with a Master's
Degree or Graduate Certificate in:

- Engineering & Technology Management
- Homeland Security Emergency Preparedness & Response (Arlington only)
- Systems Engineering

Combine technology with management. Our evening and Saturday programs will both advance your career and expand your horizons.

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

Information Sessions

**Monday, June 26
6:00 pm**

20101 Academic Way
Building 1, Room 101
Ashburn, VA

**Tuesday, June 27
6:00 pm**

3601 Wilson Blvd., Suite 400
Arlington, VA

Rsvp Today!

703.248.2800
nearyou.gwu.edu/engineering



U.S. Turns to Its 'Warrior'

24-year-old Donovan seems back in form as U.S. readies for Ghana

WORLD CUP | Landon Donovan kept getting advice, not goals.

Coach Bruce Arena criticized his play in the opening loss to the Czech Republic, and there was no shortage of teammates and staff who spoke with him, attempting to prod the prodigy back on track.

Donovan responded in last week-

end's 1-1 tie with Italy, and heads into Thursday's must-win game against Ghana with the confidence he lacked against the Czechs.

"I think he emerged in this game and demonstrated to the world, but more importantly to his teammates, that he's a great player in any kind of game," U.S. coach Bruce Arena said Monday. "Landon did things against Italy I've never seen him do before. He was a warrior on the field."

At times it's hard to forget that while he's a two-time World Cup vet-

eran, he's still just 24. His 25 international goals are third in U.S. history, behind Eric Wynalda (34) and Brian McBride (30), but he's been blanked in 17 national team games since last July 9 against Canada.

Scoring has been tough for the Americans, who only scored when Azzurri defender Cristian Zaccardo flubbed a clearance attempt into his own net.

"It's not lost on the U.S. that we haven't scored a goal," Donovan said. (AP)

Sergio Garcia Withdraws From Booz

GOLF | Booz Allen Classic officials announced that defending champion Sergio Garcia has withdrawn from the 2006 Booz Allen Classic due to an injury to his back.

"I am truly disappointed that

I will not have the opportunity to defend my title this week," said Garcia. "I tweaked my back a little over a week ago during the Barclays Classic. The pain did not get any better during my two rounds at the

U.S. Open."

Attracting more than 100,000 fans over tournament week each year, the Booz Allen Classic is the Washington area's only PGA tour stop. The popular sporting event returns to the region for its 27th year this week. (AP)

AFFORDABLE HEALTHCARE



3 Months for
Plus a one time
\$30 reg. fee

300

June
Jubilee
Special!
(Ends June 30)

\$3.00/month for First 3 months then
\$49.95/Individual - \$59.95/Family

Includes FREE Dental, Vision, Rx Card, and Chiropractic Benefits!

For more info, call (301) 203-7865
or visit website: www.EveryoneBenefits.com/40163901

femme fete

where fashion goes out to flirt

JOIN local fashion talent at DC's most exciting SHOPPING PARTY! Shop designers, beauty vendors & traveling boutiques | Enjoy chocolate fountains | Pulse to MstudioC | Drool over mini fashion shows | Indulge in VIP treatments and more...

THURS, JUNE 22 5:30-10:30P
THE WASHINGTON TIMES
3600 NEW YORK AVE. NE

check out all the designers online!

www.femmefete.net

2.5

Total number of days a group of students and instructors at two universities in Japan played basketball continuously. They hope the marathon will be recognized as a world record.

Sports

Swengali

GOLF | BY MATT SWENSON

Booz Needs The Big Two

ONCE THERE WAS THE BIG FIVE; now there's just two.

And that's the best — and worst — thing going for the PGA Tour as it heads to Potomac for this week's Booz Allen Classic, now missing defending champ Sergio Garcia, whose back was healthy enough for the U.S. Open but not for Avenel.

When Phil Mickelson or Tiger Woods is in the field of any tournament, there's going to be great interest. If neither shows, the event feels bush league. Sorry to the Booz Allen folks, but Padraig Harrington just doesn't cut it.

The phenomenon, a result of Mickelson's major victories — which separated him from Ernie Els, Vijay Singh and Retief Goosen — is at the

Sorry to the Booz Allen folks, Padraig Harrington doesn't cut it.

heart of why there may not be a PGA event in the area next year.

In an effort to get its biggest stars out more, the PGA changed next season's scoring system and schedule. The big loser in this was D.C., which was sent to September purgatory, after the season's champion has been chosen and all the year's majors are history.

Tony the Tiger and Punxsutawney Phil wouldn't even play then, let alone Tiger Woods and Phil Mickelson.

Sponsors know that better than anyone, which is why no one will foot the bill to keep the PGA Tour here.

Golf may be riding high with the Woods-Mickelson rivalry, but abandoning the nation's capital is stupid. Even Major League Baseball figured that out. Hopefully it won't take 34 years for the PGA to learn the same lesson.

To reach Matt Swenson, e-mail him at matt.swenson@readexpress.com.



Phil Mickelson's second shot at No. 18 Sunday hit a tree, leading to a double bogey.

Will Phil Fall Victim to The U.S. Open Curse?

Former golfing greats missed their chances, then never won again

GOLF | Phil Mickelson isn't the only major champion to blow the U.S. Open. He can only hope he doesn't end up like the others.

Sam Snead thought he needed a birdie on the par-5 18th hole in 1939, then butchered the hole so badly that he wound up with a triple-bogey 8 and finished two shots out of the playoff.

He never won a U.S. Open, the only major keeping him from the career Grand Slam.

Ben Hogan was locked in a duel of generations with Arnold Palmer and 20-year-old amateur Jack

Nicklaus at Cherry Hills in 1960. He felt he needed a birdie on the par-5 17th, and his wedge spun off the green and into a creek. Hogan never won another U.S. Open.

Palmer had a seven-shot lead on Billy Casper in 1966 and went after the U.S. Open scoring record. His bold play led to an unthinkable collapse. Casper shot 32 on the back nine for a tie, then beat Palmer the next day in a playoff. Palmer never won another U.S. Open.

"As a kid, I dreamt of winning this tournament," Mickelson said late Sunday afternoon, still in shock over a double bogey that cost him his best chance at the U.S. Open. "Even a bogey would have gotten me into a playoff. I just can't believe I did that." DOUG FERGUSON (AP)

MLB

AMERICAN LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
Boston	39	28	.582	—	18-10	21-18
N.Y. Yankees	38	29	.567	1	20-14	18-15
Toronto	37	32	.536	3	23-14	14-18
Baltimore	32	39	.451	9	19-17	13-22
Tampa Bay	29	41	.414	11.5	14-15	15-26

CENTRAL	W	L	PCT.	GB	HOME	ROAD
Detroit	46	24	.657	—	20-14	26-10
Chicago	44	25	.638	1.5	24-10	20-15
Minnesota	34	34	.500	11	21-10	13-24
Cleveland	31	37	.456	14	18-15	13-22
Kansas City	19	49	.279	26	10-19	9-30

WEST	W	L	PCT.	GB	HOME	ROAD
Oakland	38	31	.551	—	21-15	17-16
Texas	38	32	.543	0.5	19-19	19-13
Seattle	34	37	.479	5	22-17	12-20
L.A. Angels	31	38	.449	7	16-20	15-18

NATIONAL LEAGUE

EAST	W	L	PCT.	GB	HOME	ROAD
N.Y. Mets	43	25	.632	—	20-13	23-12
Philadelphia	34	35	.493	9.5	17-21	17-14
Washington	32	39	.451	12.5	15-19	17-20
Florida	29	37	.439	13	15-17	14-20
Atlanta	30	40	.429	14	14-17	16-23

CENTRAL	W	L	PCT.	GB	HOME	ROAD
St. Louis	42	26	.618	—	24-13	18-13
Cincinnati	37	32	.536	5.5	17-19	20-13
Houston	36	34	.514	7	24-16	12-18
Milwaukee	35	35	.500	8	24-15	11-20
Chicago	26	42	.382	16	12-20	14-22
Pittsburgh	26	44	.371	17	18-19	8-25

WEST	W	L	PCT.	GB	HOME	ROAD
L.A. Dodgers	36	33	.522	—	19-14	17-19
San Diego	36	33	.522	—	18-19	18-14
Arizona	35	34	.507	1	18-18	17-16
Colorado	34	35	.493	2	16-16	18-19
San Fran.	34	35	.493	2	17-17	17-18

Standings through June 18's games

a Caring Career
MEDICAL ASSISTANT
Train in 7 months!

Sanz
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Help
- ✓ Day and Evening Classes

3 Convenient Locations
DC MD VA
1(888) 407-8222

Train to Work in a
MEDICAL OFFICE

- Medical Billing & Coding
- Insurance
- Office Support
- Receptionist

Sanz
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance

1(888) 407-8222

Outstanding Distributor Regina Davis



"I just want to let you know what a fantastic employee you have in Regina at the Clarendon Metro stop. Every morning, rain or shine, she's unflappable, smiling and greeting customers cheerfully, asking everyone how they're doing...you can't help but smile as you board the train after seeing her!"

— Clarendon Metro Rider



express
A publication of The Washington Post

To recognize an outstanding distributor, please email circulation@readexpress.com. Please include your name, city and metro station.

Attention Cigarette Smokers

The Center for Health Behavior Research, under the direction of Dr. Elbert D. Glover, Ph.D, is currently conducting a research study testing an investigational vaccine which may help people stop smoking.

Stamped copy on file with IRB
revised on May 31, 2006

Eligible smokers 18 years and older will receive at NO COST:

- Laboratory assessments
- Physical exams
- Individualized counseling
- The study vaccine or placebo (2:1 chance of receiving the vaccine)

The University of Maryland
Department of Public and
Community Health
Tel: 301.405.0128



The Center for
Health Behavior Research
hhp.umd.edu/dpch/CHBR/

To apply to enroll in our study
call Jessica M. Rath, Ph.D
today at:
(301) 405-0128

Advance you.

"Careers" can move you up and ahead. **Mondays. express**

X017a 2x5

Sports



DOUBLE TROUBLE: Steelers quarterback Ben Roethlisberger, who last week crashed his motorcycle, will be fined for riding without a helmet and license. Meanwhile, teammate Santonio Holmes was charged with assaulting a woman, his second arrest since being drafted.

No Place Like Home in NBA Finals

After 3 straight losses in Miami, Mavs return to friendly confines

NBA PLAYOFFS | The Mavericks left home last week with two wins and a Texas-sized swagger. They staggered back Monday morning after three losses to the Miami Heat, teetering on the brink of elimination from the NBA finals.

But a big bunch of irrepressible fans reminded the Mavs that, although their backs are against the wall, that wall is deep in the heart of Dallas.

The Mavericks' disastrous week in South Florida culminated Sunday night in the Heat's memorable 101-100 overtime win. Dallas' flight home was dour and quiet — but the cheering, flag-waving faith-



Jason Terry faces a Miami defense that got tougher back on its own court. The Heat won three straight in Miami after losing the first two games in Dallas.

ful awaiting their plane snapped the Mavs out of a funk, hopefully just in time for Game 6 on Tuesday night.

"That was the first smile I had all morning," said Jason Terry. "I knew it was home, sweet home."

Terry speaks the truth about these finals: For the first time in 30 years, the home teams are unbeaten in the first five games. In a series between first-time finalists, it isn't psychologically surprising to see both teams leaning heavily on home cooking.

"We knew we didn't play any good games in Dallas," Wade said. "When you go on the road and you don't play good games, then you turn the ball over, it's hard to win. ... It's going to be very tough, but that's why we play this game — for these moments." REG BEACHAM (AP)

GW Guard Elliot Will Return, but Pinnock Won't

COLLEGE BASKETBALL | George Washington guard Danilo Pinnock hired an agent and will not return for his senior year, while point guard Carl Elliott withdrew his name from the NBA draft on Monday.

Pinnock averaged 14.5 points, 5.3 rebounds, 3.1 assists and 2.5 steals. Elliott, who worked out for the Washington Wizards and New York Knicks, will return to the Colonials for his senior season.

Elliott led the Atlantic-10 in 3-point field goal percentage last season and was a second-team all-conference selection.

The Colonials (27-3) went unbeaten in the A-10 in the regular season and advanced to the second round of the NCAA tournament. (AP)

WHAT I DID THIS SUMMER...



YMCA CAMP



Give your child a summer to remember with **YMCA SUMMER CAMP**. We've been creating childhood memories for more than 100 years with swimming lessons, traditional camps and fun activities for all ages. Camps start in June and are available throughout the metropolitan region.

SPACE IS LIMITED SO REGISTER TODAY!

1-800-473-YMCA • WWW.YMCAWASHDC.ORG

YCAMPTM

YMCA of Metropolitan Washington
We build strong kids, strong families, strong communities

245

The rank of Czech tennis player Jan Vacek, who upset top-seeded Thomas Johansson 7-6(6), 6-7(11), 6-4 at the Red Letter Days Open grass-court tournament. Vacek didn't qualify for the tournament, but got a spot when fourth-seeded Fernando Verdasco pulled out.

Sports

Fla.: Rising Without Stars

Rookies and relative unknowns lift Marlins out of division's cellar

BASEBALL | Joe Girardi is as surprised as anyone.

"I knew we would play better," the Florida Marlins' rookie manager said, "but I did not expect this."

He's surely not alone.

No one could have expected this — a four-week run where the untried, rebuilding and rookie-loaded Marlins were the hottest team in baseball.

Led by a bunch of relative unknowns, the Marlins are 18-6 in their last 24 games and have climbed out of last place in the NL East — that spot now belongs to the perennial division champion Atlanta Braves. Florida's Josh Johnson leads the majors with a 2.01 ERA. Dan Uggla has 12 home runs. Scott Olsen has won four consecutive starts.

Who, exactly, are these guys?

They're the future, which right now is looking pretty good.



Dontrelle Willis is a veteran on the Florida Marlins, the hottest team in baseball.

"I just like how, regardless of how we were playing, we were still coming in and working hard and still believing," said left-hander Dontrelle Willis, who finished second in the NL Cy Young Award

balloting last season but is off to a 3-6 start in 2006. "Now it's starting to pay off."

Willis and the Marlins come to Baltimore today for a three-game series with the Orioles. (AP)

Davenport Drops Out of Wimbledon

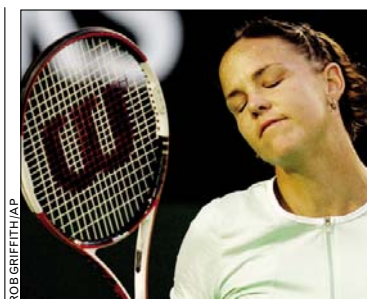
TENNIS | Former champion Lindsay Davenport pulled out of Wimbledon on Monday with a bad back.

The 30-year-old American, ranked No. 6, also missed the French Open with the injury. She hasn't played since aggravating her back in mid-March at the Pacific Life Open.

Davenport won Wimbledon in 1999 and reached the final in 2000.

Serena Williams has already pulled out of Wimbledon due to her ongoing knee problems.

Also out of the grass-court championship starting next Monday is



Lindsay Davenport's back injury forced her to withdraw from Wimbledon.

Taylor Dent, who has a back injury, former No. 1 Carlos Moya (shoulder) and Jose Acasuso of Argentina, who has an undisclosed injury. (AP)

TODAY'S TV LINEUP

NATIONALS (7 P.M. ON CH20) The Nationals starter Livan Hernandez will face the Red Sox for just the second time in his career. Knuckleballer Tim Lincecum takes the mound for Boston.

ORIOLES (7 P.M. ON COMCAST) It's the stud with the high leg kick (the Marlins' Dontrelle Willis) squaring off against the Orioles and Daniel Cabrera, who has a 1.59 ERA since coming off the DL.

NBA PLAYOFFS (9 P.M. ON ABC) So far,

the home team has won every game in this series. That bodes well for Dirk Nowitzki and the Mavericks in Dallas against the Miami Heat, who have won three straight.

COLLEGE BASEBALL (5 P.M. ON ESPN2 AND 8:30 P.M. ON ESPN2) It's a double-header of college baseball world series action.

BASEBALL (7 P.M. ON WGN) The Cubs are at Cleveland for the second game of a three-game series.

express



automobile dealers

more cars on the net



@washingtonpost.com



ROCKVILLE AUDI
Rockville, MD 301-881-0900
1450 Rockville Pike • rockvilleporsche-audi.com



BMW OF ARLINGTON
Arlington, VA 703-647-1810
3154 Jeff Davis Hwy • www.bmwofarlington.com



CAPITOL CADILLAC
Greenbelt, MD 301-441-9600
6500 Capitol Drive • www.capitolcadillac.com



KOONS CHEVY TYSONS
Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com



KOONS CHEVY TYSONS
Vienna, VA 888-383-8200
2000 Chain Bridge Rd • www.koons.com



CRYSTAL FORD
Silver Spring 866-369-9999
3111 Automobile Blvd • www.trycrystal.com

JERRY'S FORD
Annandale, VA 703-256-5000
6510 Little River Turnpike • www.jerrysford.com

KOONS FORD OF ROCKVILLE
Rockville 877-518-1747
718 Rockville Pike • www.koonsford.com

KOONS STERLING FORD
Alexandria, VA 888-342-7300
46869 Harry Byrd Hwy • www.koons.com

OURISMAN WORLD OF FORD
Alexandria, VA 703-660-9000
6129 Richmond Hwy • www.ourismanford.com



BILL PAGE HONDA
Falls Church 1-866-391-8562
6715 Arlington Blvd • www.billpagehonda.com



MOORE CADILLAC HUMMER
Chantilly 703-674-5900
25440 Pleasant Valley Rd • www.moorehummer.com



ALEXANDRIA HYUNDAI
Alexandria, VA 703-535-6840
1707 Mt. Vernon Ave. • www.alexandriahyundai.com

FAIRFAX HYUNDAI
Fairfax, VA 703-352-0444
Rt. 123 & Rt. 50 • www.fairfaxhyundai.com



INFINITI OF CHANTILLY
Chantilly 703-322-3600
Chantilly Auto Park • infinitiofchantilly.com

KOONS FORD OF ROCKVILLE
Rockville 877-518-1747
718 Rockville Pike • www.koonsford.com



JERRY'S JEEP OF MANASSAS
Manassas 703-631-1181
8820 Centerville Rd • www.jerrysjeep.com



LEXUS OF SILVER SPRING
Silver Spring, MD 800-266-4874
2505 Prosperity Terr • www.lexusofsilverspring.com



JERRY'S Lincoln Mercury
Manassas 703-631-1181
8820 Centerville Rd • www.jerryslmjeeper.com



EURO MOTORCARS
Bethesda, MD 301-986-8800
7020 Arlington Rd. • Buying/Internet Services Welcome

EURO MOTORCARS GERMANTOWN
Germantown, MD 240-686-1300
19750 Germantown Rd. • euromotorcarsgermantown.com



355 NISSAN/VOLVO
Rockville, MD 301-309-2200
15911 Indianola Drive • www.darcars.com



355 TOYOTA
Rockville, MD 301-309-3917
15131 Frederick Road • www.darcars.com



ALEXANDRIA TOYOTA
Alexandria 703-684-0700
3570 Jeff Davis Hwy • www.alexandriatoyota.com

KAY JENNINGS SPRINGFIELD TOYOTA
Springfield 703-451-0300
6570 Amherst Ave. • www.springfieldtoyota.com

KOONS ARLINGTON TOYOTA
Arlington 888-837-8657
4045 Lee Highway • www.koons.com

KOONS TYSONS TOYOTA
Vienna, VA 888-505-1137
8610 Leesburg Pike • www.koons.com



ALEXANDRIA VW
Alexandria 888-692-7089
107 W. Glebe Rd. • www.alexandriavw.com

BROWN'S VW OF MANASSAS
Manassas, VA 703-257-6002
8846 Mathis Ave. • www.manassasvw.com



JACK TAYLOR SIGNATURE CARS
Alexandria, VA 703-683-0700
3750 Jeff Davis Hwy • www.alexandriatoyota.com

To place dealership listing
in the directory,
please call
202-334-4710
or your Washington Post
Sales Representative

VOLUNTEERS NEEDED For Research Studies



Dependable healthy adults 18-50 years of age
Available to participate in an entire study
You will receive a free medical evaluation
Financial compensation provided

Contact: Toll Free

1 - 866 - 856 - 3259

www.ARMYSClinicalTrials.com



Walter Reed Army Institute of Research

Shy Around People?

- ☐ Do you get anxious in front of others?
- ☐ Do you feel embarrassed if you have to give a speech or perform at a public function?
- ☐ Do you avoid meeting new people, going to parties or dating?
- ☐ Is it difficult for you to eat, drink or write while others may be watching you?

If your answer is Yes to any of these questions you may be suffering from a social phobia.

If you are 18-65 years of age and feel that these problems interfere with your ability to achieve your goals or to enjoy life fully...

please call for more information about our research study.

All study-related office visits and medical evaluations are at no cost to you.



**CAPITAL CLINICAL
RESEARCH ASSOCIATES**
301-770-7375

Advance you.

"Careers" can move you up and ahead.
Mondays.

express

Adapt you.

"Personal Tech" can give you cool and useful tools. **Mondays.**

express

EXPRESS HEALTH

Copy Deadline

12 noon Thursday

5 days prior to publication

To advertise in Health Services
 or learn more about the directory

call

Victoria Fleming

202-334-5759

Anne Jones

202-334-4060

FAX — 202-334-6724

Do you or your child have

sickle cell disease?



Find out if there's a study that's right for you.

Call 1-866-999-4443

TTY: 1-866-411-1010



SMOKER'S COUGH?

Clinical research study of an INVESTIGATIONAL MEDICATION

Ages 40 and up

Study Related Medical evaluations provided
Compensation for time and travel up to \$555

INTERESTED?

PLEASE CALL: Anna 301-962-1610

FREE PARKING & METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
 Martha White, MD, Michael Kalliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

ASTHMA & HEARTBURN?

**IF YOU ARE 18 TO 70 YEARS OLD,
 HAVE ASTHMA WITH HEARTBURN,
 YOU MAY QUALIFY FOR A
 RESEARCH STUDY INVOLVING AN
 INVESTIGATIONAL MEDICATION.**

**Volunteers receive study medication and
 study-related medical exams at no charge
 and receive compensation for time and travel.**

PLEASE CALL: 301-962-1610

FREE PARKING & METRO ACCESSIBLE



THE INSTITUTE FOR ASTHMA AND ALLERGY, P.C. | WHEATON, MARYLAND
 Martha White, MD, Michael Kalliner, MD, Athena Economides, MD, Henry Li, MD, PhD and Mark Scarupa, MD

Drink Alcohol?

✓ *Drink daily or almost daily?*

✓ *Are between the ages of 21 and 45?*

**You may be eligible to participate in a research study
 using Rimonabant at the National Institute on Alcohol
 Abuse and Alcoholism, one of the National Institutes
 of Health. If you qualify, you'll be compensated for
 your participation, which will include one overnight
 stay in the Clinical Center on the NIH campus in
 Bethesda, Maryland. For more
 information, call 301-496-7500.
 All calls are confidential.**



NIAAA



Healthy Adult VOLUNTEERS NEEDED



HIV is a global epidemic. Currently, 42 million people worldwide are living with HIV/AIDS, a disease that has no cure. In 2003, 5 million people were newly infected with HIV, equaling about 14,000 infections each day. Approximately 11 of every 1000 adults aged 15 to 49 worldwide, are HIV infected.

The world is in desperate need of a vaccine for the prevention of HIV infection.

Will you help?

Walter Reed Army Institute of Research and the Henry Jackson Foundation for the Advancement of Military Medicine are currently enrolling volunteers to participate in a study to evaluate the safety of a new investigational HIV vaccine.

If you are a healthy US citizen between the ages of 18-49, are not currently in the US military and are available for 12 months, you may be qualified to participate in a study evaluating this vaccine.

This experimental vaccine does not cause HIV infection.

301-251-8351

Ask for Keisha or KaTrina

VOLUNTEERS NEEDED!!

Investigational Malaria Drug Study Minutes from the Medical Center Metro Station in Bethesda

Located: On the campus of the National Naval Medical Center.

WHO: Healthy men and women 18-55 years of age

HOW: 1 screening session, 1 pre-admission session, a 5-day inpatient stay and 3 outpatient visits.

Compensation provided

FOR MORE INFORMATION
CALL:

1-866-750-2165



It's time to leave her housemates for a house.

Sell your home in Express.

Place your Classified
ad today.

202-334-6200.

Advance you.

"Careers" can move you up and ahead.

Mondays.

express

X017A 1x4

Smoker's Cough?

Clinical research study of an INVESTIGATIONAL MEDICATION.

Ages 40 and up.

Study Related Medical evaluations provided.

Compensation for time and travel up to \$555

INTERESTED?

PLEASE CALL: Anna 301-962-1610 • Free Parking & Metro Accessible

Drive you.

"Cars" can put you in the right wheels.

Wednesdays.

express

X017b 1x2 75

Advance you.

"Careers" can move you up and ahead.

Mondays.

express

X017a 1x2 1

express

A Publication of the *The Washington Post*

www.readexpress.com

Classified ads appear in Express
and The Washington Post.

X167a 1x12

Classifieds

express marketplace

Reach over 300,000 readers daily plus **SAVE 25%** by running your ad Monday through Friday

For Greater
Impact, Place
Your Ad
In Color!

JOBS • RENTALS • HOUSES • WHEELS • STUFF • AND MUCH MORE . . .

TO PLACE A CLASSIFIED AD CALL

202-334-6200

HELP WANTED (JOBS) ADS CALL

202-334-4100

CREDIT CARDS ACCEPTED



JOBS

ACTIVISM

SUMMER JOBS TO BEAT THE REPUBLICANS \$4200-6600/Summer

Had enough of Bush and the Republicans? Work with Grassroots Campaigns, Inc. on behalf of the National Democratic Party to elect Dems in '06 FT/Summer/Career opps. Dupont Circle. CALL Erin at 202-797-9655.

ADMIN ASSISTANT—FT, busy DC office near Metro. Fluent English-clean record a must. Resume amusam@msn.com or call 202-262-6565

ADMIN ASST
F/F RE co. seeks F/T multitasker w/phone/data entry exper. FAX resume/salary: 703-293-9240.

Advertising \$\$\$

ADVERTISING ENTRY LEVEL

Natl. marketing firm has F/T entry-level openings. We have Mgmt. opportunities avail. Help execute promo campaigns for Sports Teams, Natl. Rest. Chains & Hotels. Learn Sales to Mgmt. PD TRAINING! 38K to 42K 1st yr. college degree req'd. Call Emily @ 703.288.3123 www.crcadvertising.com

AMERICAN HEART ASSOCIATION is hiring for the following positions

EVENT ASSISTANT

Seeking an Administrative partner to support Heart's Delight Wine Tasting & Auction, a three-day fund raising event in Washington, DC. Ideal candidate will function as part of a team and have strong windows-based computer skills (Word, Excel & Access). Skills in logistical planning preferable; attention to detail and able to work with volunteers a must. Candidate should be organized, motivated, dependable and a self-starter.

ADMINISTRATIVE ASSISTANT

Seeking an experienced Administrative Assistant to support fund raising events. Ideal candidate will have strong windows-based computer skills (Word, Excel & Access) and web-based software navigational skills. Must be energetic, have take charge attitude and able to multi task.

Education beyond high school strongly preferred. Offering competitive salary and outstanding benefits. To be considered, please send resume and cover letter with salary history to

Attn: #ANNAA
Maa-resume@heart.org
Or Fax 804-965-6403

ANIMAL GROOMER—Need exp. FT or PT. 301-656-6541

ASST MGR—Wanted for Gentleman's Club (PG County). Several locations. Exp. pref'd. Great fun. 240-286-3660

Attorney-Associate

Sought for small DC real estate litigation firm. DC Bar req'd. Salary DOE. Respond to: PO Box 77681, Washington, DC 20013 OR lbdclaw@yahoo.com

Attorney—Law firm with offices in P.G. and Montg. County seeks attorney with a minimum of 3 yrs. experience in family, criminal and general litigation. MD Bar required and DC Bar a plus. Fax resume to (301) 953-1339 or email to npeterson@gbmlawfirm.com.

JOBS

AUTO BODY TECH
Looking for long term, quality minded tech for busy well established shop in Springfield. Contact Jim Amery at 703-569-5055.

AUTO MECHANIC

Looking for ASE mech. w/MD inspector lic. Great pay & benes. George, 240-832-5211; 301-881-3004.

AUTO SALES

DARCARS®

Due to increased customer demand, we currently have immed. openings on our sales teams at locations in MD & VA. **Experience is not necessary - we will train in our state of the art training facility!** We are seeking motivated, customer friendly individuals who are eager to begin a rewarding career with one of the regions fastest growing auto groups! We offer:

- Health Insurance & 401K
- Company Car
- Paid Vacation
- \$80K+ 1st yr earning potential
- Rapid advancement

Apply in person, at DARCARS of Silver Spring 12214 Cherry Hill Road, Silver Spring, MD 20904 (at the corner of Rt. 29 and Cherry Hill Road). Contact Shannon Ryan at 301-622-0020 or sryan@darcars.com for more info or to schedule an interview.

AUTO—Seeking Detailers with 1-2 yrs.+ exp. using Auto Detailing Equipment & materials properly and safely. Must have valid drivers license. Please call call: 301-516-8322, 9a-5p.

AUTO

Service Manager & Mech.

For busy Rockville station. Must have exper. Great pay & benefits! Call 301-529-0990

AUTOMOTIVE SALES

High volume dealer seeking Salespeople. Good pay plan. Bilingual pref'd. Min salary guar. 703-593-7000

BABYSITTER NEEDED—Mon-Sat 9am-10pm. Live-in. Takoma Park, MD. Call 301-891-8075 or 301-768-8542

Bakery

Bakery & Pastries Helper

Exp needed. 6am-3pm. Call 703-642-0249. Alex, VA **BARBERS**—Lic. Barber wanted for est. shop in Wheaton. Call 301-343-3501

Beautician

HAIRSTYLIST

Seeking license Hairstylist in Clinton, MD & McLean, VA for a Retirement Home. Build in clientele. Please call if interested 703-794-9419

Beauty - Hairstylist wanted. Flex. hours, great location, family atmosphere. Clientele not neces. Please call Nadine or Spring 703-263-9742.

Beauty

Manager/Beauticians/ Nail Tech/Braiders

VA license, seeking pos. with clients. Booth rental, in Old Town Alexandria. Call 301-877-0280

BEAUTY

Stylist & Braider wanted. Busy D/T salon. Comm. & Booth rentals. 202-289-2772.

BOOKKEEPER—FT/PT Bookkeeper, 3 yrs exp. as a Bookkeeper in a Transportation Office. Exp. in Quick-book Software. Fax 301-808-6022

CABLE INSTALLER

F/T w/benes. Valid driv. lic. req. FAX res: 703-444-0130.

CASHIER/SALES

PT cashier/sales needed at formal dress boutique in Wheaton, MD. Flexible day/ evening/ weekend hours preferred. Fax resume to 301-49-9228 or email it to phallyb@yahoo.com

CASHIERS NEEDED!

Apply within: 2307 Bladensburg Rd, NE. Monday - Friday between 9AM-1PM.

JOBS

Clerical

GENERAL CLERK III

Location: Postal Facility, Anacostia, Wash, DC

Performs a combination of clerical tasks to support office, business, or admin functions, provide support for Postal Facility requirements. Perform functions in budgeting utilizing automated systems generating spreadsheets, and reconciliation of invoices, funding documents, payroll automated systems, and time sheets. Proficient in analysis using Microsoft Office Suite. Send resume via fax at (757) 410-4805, or email career@alutliq.com
No phone calls please. EOE M/F/V/D

CLINICAL RESEARCH COORDINATOR

Needed to conduct Asthma & Allergy research studies in busy research & clinical allergy practice. Qualified applicants should have experience in clinical research and/or asthma & allergy, have excellent people skills as well be highly detail oriented, self starting, & able to work flexible hours. Excellent benefits, pay commensurate with experience. FAX resume & references to: Director of Research 301-962-9585.

COMPUTER FIELD TECHS—A+ or experience. Start immediately. 703.725.2577, jobs@oncall258.com

Construction

CARPENTERS NEEDED:

D.C. Area, valid drivers license necessary. Apply in person at Monarc Construction 2781 Hartland Road-Falls Church, VA 22043

CONSTRUCTION—Seeking energetic, dependable Construction Superintendents & Construction Assts. for projects in PG Co. & McLean, VA. REGAL HOMES, Fax resume to: 703-978-8822.

Counselor - Addictions - PT, Addictions/Mental Health Counselor needed for Howard Co. program. Req. min. 2 yrs post-degree exp. Lic. and/or cert. req'd. Master's pref. Some evening hrs req'd. Fax resume to 410-730-5119. EOE.

CREW CHIEF/TECH—for water/fire restoration & carpet cleaning. Exp. prefer but will train. Call 301-470-2505

Customer Service Representative Part Time (25 hours per week)

The Washington Post is currently searching for high energy Customer Service Representatives who will work in a fast-paced, detailed oriented, and team spirited environment.

Responsibilities:

- Provide service support for sales account managers and advertisers in all areas of sales support.
- Manage ad orders and materials.
- Assure accurate billing.
- Respond to inquiries from both external and internal inquiries.

HOURS:

Wednesday 9:00 a.m. - 5:30 p.m.
Thursday 9:00 a.m. - 7:00 p.m.
Friday 9:00 a.m. - 5:30 p.m.

(Your resume will not be considered if you are unable to work ALL of these hours.)

For more information and to apply online, visit us at www.washingtonjobs.com.

Qualified candidates should send a resume and cover letter to:

The Washington Post

Attn: HR/CSR/CP
1150 15th Street, NW
Washington, DC 20071
Fax - (202) 912-3677
Talentsearch@washpost.com

We are committed to diversity in the workplace and promote a drug-free environment.

JOBS

Custodian, PT - \$15/hr + benefits. Seeking exp. dependable worker to help keep our private school clean & beautiful. M-F, Approx. 4:30-8:30pm + Sat approx. 9am-1pm. Resume and refs to Ms. Ayers, 3819 Gallows Rd. Annandale, VA 22003 or fax 703-256-9621.

CUSTOMER SERVICE (Inbound)

- Financial exp. a+
- 1yr Call Center exp.
- Clean background & verifiable references.

Call: 703-292-5648, 703-292-5211,
Fax: 866-589-7312 or recruitment@accesswww.com

DANCE/GYM/THEATRE INSTRUCTOR

For children. Experienced. Herndon/Reston area. 1-800-745-0392

DANCE—Rhythmaya School of Dance seeks Indian dance instructors; part-time/paid. 919-641-6606.

DANCERS—Wanted for Gentleman's Club (PG County). \$300-\$500/night. No exp. needed. 240-286-3660 or 301-568-8500

DC Bilingual Public Charter School

(English/Spanish), community based org. has the following openings. Required ed. & exp. must be in related field.

- Assistant Director - MA + 5yrs. Adm. Experience
 - Pre-K & Elementary Teachers (Sp and Eng) - BA, Praxis I & II
 - Special Education Teachers - BA required, MA preferred
 - Bus Driver - CDL required + experience
- Please send your resume & cover letter indicating the position you are applying to: dcbbilingualjobs@centronia.org
Fax (202) 745-2562

DENTAL ASSISTANT

FT/PT position. Centreville ofc. Exp'd only for fast-growing practice. Fax resume: 703-803-9419.

DENTAL RECEPT.

P/T bilingual Chantilly, VA 20154. 703-378-4004

DENTIST WANTED!

To work in family dentist practice in Falls Church, VA. We are looking for an ambitious dentist w/ strong exper. For more info, please call 703-578-0000, ask for Farooq or Dr. Chaudhry or FAX: 703-578-8200.

DIRECTOR & TEACHERS

Needed for N-K school in the Rockville area. Degree & exper req'd. Call 301-670-9116 or fax resume to 301-330-0032.

DRIVER

\$2300-\$3000 monthly, Independent contractors w/ Cargo vans & Full Size PU trucks. Fuel program avail. DC/Balt Metro area. Call 1-888-374-3354

DRIVERS

PART-TIME, ON CALL

Our drivers load Washington Post trucks and deliver bundles of newspapers (up to 60 lbs.) to locations within a 50 mile radius of our Springfield, VA & College Park, MD plants. Drivers work 4-6 shifts per wk and 4-5 hrs per shift. Applicants must be available for all shifts, including Friday, Saturday and Sunday nights.

Requirements:

- Valid Class 'A' CDL;
- Zero points on your current driving record;
- Knowledge of the Washington Metropolitan area;
- 2-3 years of driving experience

If you meet these and are interested in a great opportunity, send a resume & a RECENT copy of your current driving record to the address below.

The Washington Post

ATTN: HR/DRVR/CP
1150 15th Street, NW
Washington, DC 20071
Fax: 202-912-3677

DRIVER—DUMPTRUCK w/CDL. 703-296-2154

JOBS

DRIVER - CDL Flatbed Driver. Good driving record req'd. Laborers Wanted. Req'd to be on time every day for Rockville drywall co. Backgrnd check & drug screen req'd. Early AM start. 55-60 hrs/wk. **Top Pay, OT, Benes., Wkly Pay.** Bob, 301-294-1960.

DRIVER — DUMPTRUCK. EXP'D. Must have current DOT card. Good driving record & drug test is req'd. Retirees welcome. 301-758-2386.

DRIVER

EXPERIENCED roll-off. Class B license. Good pay & benefits. Must know VA, MD & DC area. CALL: 703-569-2422.

DRIVER F/T

Night position. Excellent driving record. Call 301-468-8872

DRIVER

TRUCK DRIVERS WANTED

Swimming pool Co. located in Fairfax, VA and Silver Spring, MD is hiring for the 2006 Summer season. We have FT and PT seasonal positions available starting now. These positions are daytime Mon-Sat. Must have a Class B CDL w/tanker, HAZMAT, and Airbreak endorsements, to deliver swimming pool chemicals and supplies out of either location. We have several position available. Call Robert 1-800-992-6286

DRIVERS

Full-time CDL Class A Driver, 2 yrs exp. to work in No. VA, rate \$17.99-\$18.33 or work in Frederick, MD, rate \$17.48 + benefits. Work Mon-Sat. Call 301-808-8038

DRIVERS

Tractor trailer. Local deliveries. 5-day/wk. 301-350-5622

DRIVING/LIMO - CDL w/P

PT eves & wknds. VA/DC/MD. \$18-\$20/hr. Springfield 703-550-7200

ELECTRICIAN

Journeyman & exp'd Helper for commercial work. Call Jack: 703-631-2217 between 9a-3p only.

ELECTRICIANS

Commercial work in NOVA. Top pay, benefits. Call 877-752-1075 ask for Tom.

Fitness

GOLF MANAGER

NoVA club seeks experienced manager to help w/ all phases of operations & marketing. Team player, self starter, computer literate. Excellent benefits. Send resume to: PMB 145 3686 King St. Alexandria, VA 22302.

FITNESS

TNT Fitness looking for strength coach/group personal trainer. \$50-\$70K+/yr. 30-34 hrs/wk. 3-day weekends. BS degree in fitness related field req'd. FAX resume: 703-495-8255.

Government and Community Relations Associate

Baltimore Jewish agency seeks Community Relations Associate with excellent communication, organizational & interpersonal skills. Bachelors degree, 1-3 years of experience preferred. Email resumes: info@baltjc.org or fax: (410) 542-4834

HVAC

A/C EQUIPMENT MECHANIC

The National Gallery of Art has multiple vacancies for A/C Equipment Mechanics, responsible for operating, maintaining, and repairing mechanical systems, air handlers, pumps, compressors, etc. Secure government job, great benefits. Starting wages \$45,000. Call Mr. John Bixler, 202-842-6350 for more information. U.S. citizenship is required. For specific application information and instructions go to <http://jobsearch.usajobs.opm.gov/a9nnga.asp>. The vacancy announcement number is #06-01

Classifieds

JOBS

Healthcare

**TIRED OF COMMUTING
TO DC & VA?**

Find new and exciting opportunities at our multi-specialty medical offices in southern Maryland.

JOB FAIR
June 23, 2006
3:00PM - 7:00PM

The following positions in OB/GYN, ENT, family practice, internal medicine and pediatrics are available:

- Medical Office Receptionists
- Medical Assistants
- Practice Managers
- Practice Coordinators
- Patient Schedulers

Bring 2 resume copies and a professional appearance to:

Southern Maryland Hospital
Professional Building
7501 Surratt's Rd., Ste 208-B
Clinton, MD 20735

Home Healthcare

Nurses. FT/PT & Wknds. PT/OT & Social Workers. Recept. & Staffing Coordinator Fax resume: 202-545-1645.

HOUSEKEEPER—Cleaning & laundry, 25-30 hrs/week Flex. Own transportation 703-759-7877.

Housekeeper/Helper—Floors, organize home, laundry, \$8/hr. PT eves. or wknds. Falls Church/Merrifield area. 703-573-3855.

HVAC - SERVICE TECH—Exp'd. Benes. Co. Vehicle. Exc. pay. Call 301-251-0470.

HYGIENIST

Needed 4 days/week, 7am-3pm. Downtown high quality professional dental practice.

Fax resumes, attn Ms. Parks, to:
202-833-2632; or Call 202-466-8371

INSURANCE CSR

Independent Insurance Agency located in Rockville has immediate opening for CSR that is capable of working independently, able to multi-task & knowledge of industry software. Salary negotiable email resumes to careers@mija.com or fax 301-881-1137.

Janitorial—Cleaners wanted PT eve. valid drivers license/car. Various location, Andrews & Bolling AFB, Ft. Myers, Arlington, VA & Ft Belvoir area. Call 800-527-0586.

LAB AIDE/DATA ENTRY

MAPS a Path lab seeking F/T lab aide w/BS in Biology btwn 7am-3pm. FAX resume to:
703-404-1131.

Legal Assistant/Paralegal-Bilingual

Silver Spring law firm looking for Bilingual-Spanish/English Legal Asst./Paralegal. Exp. w/PI cases pref'd. Sal. & bene. commensurate w/exp. Fax resume to Cindy: 301-589-7343; or Email to: luizlawc@aol.com

LEGAL**PARALEGAL**

DC Med Mal law firm seeks paralegal familiar w/ MS Access, Word, Legal pleadings, & Scheduling. Email wilson@wilsonlaw.com

LEGAL SECRETARY

DC Med Mal law firm seeks Legal Secretary familiar w/ MS Access, Word, Legal pleadings, & Scheduling. Email wilson@wilsonlaw.com

LOAN OFFICERS

Tysons Corner, PT, FT. No experience needed. Fully comm. Call EJ 571-435-0129.

Locksmith

Will train must know No. VA area. Good driving record a must. 703-930-3857.

MAINTENANCE MECHANIC—To work in a large office building complex in DC. Must have 5 years HVAC experience in commercial office buildings and trade school certificates. Excellent salary and benefits. Fax resume to (202) 554-5155.

MAINTENANCE—Rockville/Gaithersburg Apartment Complex. Several positions/independent contractors welcome. HVAC, Major Plumbing, Painting, Cleaning, Yard Work & General Maintenance/Repairs, Assistant Manager or Leasing Agent. 45 unit complex. CALL 301-948-0087.

Management**GOLF MANAGER**

NoVA club seeks experienced manager to help w/ all phases of operations & marketing. Team player, self starter, computer literate. Excellent benefits. Send resume to: PMB 145 3686 King St. Alexandria, VA 22302.

MED BILLERS—Temp & Temp-to-perm for Pymt Poster & Pt Act Recp in NWDC & Laytonville, MD. To \$16/hr. 3 yrs exper nec. Fax MSA 703-921-3861.

MEDICAL ASSISTANT/**MEDICAL RECEPTIONIST**

Bilingual Spanish. For DC office. Please fax your resume: 540-338-1975; email: medicususa@aol.com

MEDICAL ASSISTANT/LPN

Well trained Medical Assistant/LPN with excellent clinical skills needed for busy allergy practice. Articulate, hard working, good patient skills with both adult & pediatrics. Spanish fluency a plus. Flexible hours, excellent benefits. Pay commensurate with experience. Please FAX resumes & references to: Practice Administrator 301-962-9585.

MEDICAL RECEPTIONIST

Bilingual Spanish/English wanted for Wash. DC Providence Hospital cardiology office. Front and Back Office responsibilities. Must be certified Medical Assistant. Salary negot. FAX resume to: 301-585-4564 or EMAIL: cardmgr54@aol.com

MEDICAL JOBS—We have many temp & temp-to-perm jobs avail in MD/VA/DC for exper Med Asst's, Receipts & Billers. Fax MSA 703-921-3861.

MENTAL HEALTH**INTAKE SPECIALIST**

F/T for OMHC, LGSW/LGPC req'd. Must have excellent telephone skills, knowledge of ASL preferred. Fax resume with cover letter to S. Dawson 301-918-9758. EOE.

Mental Health**REHABILITATION DIRECTOR**

MA Deg. in Human Service field, 3 yrs exp. in Psych Rehab. w/one year superv. exp. Strong writing skills, knowledge of residential and day rehab programs. ASL skills preferred. Fax resume J. Grinnell 301-918-9758. EOE.

MORTGAGE LOAN OFFICERS—FT/PT, no exper. nec. will train. Pot. 6 figure income (comm.) Call 1-703-348-4088

NANNY—Exper. & refs. Mon-Fri, 8:30-6:30. Alexandria. Tagalog. \$750/wk. **301-251-0322.**

NEWSPAPER COURIERS—wanted in Mitchellville & Lake Arbor, MD area. Call 301-350-3741

NURSE - RN

Dialysis RN & PCT needed for nocturnal dialysis clinic, evening shift. Located in Lorton, VA. CALL Sandra Hardy, 703-360-4552 or 301-449-4166.

NETWORK ENGINEER**Radiology Imaging Associates**

Radiology Imaging Associates is seeking a full-time Network Engineer to analyze, design, and build a high performance, secure, and reliable network. Requirements include: CCNA, CCNP, CISCO Routers, PIX, VPN, SSH, IPSEC and more. Knowledge of MS Exchange, Veritas, CA Unicenter, Medical Systems a plus. Job location will be HQ in Clinton, Maryland with travel and telecommuting. Salary commensurate with experience. Our comprehensive benefit package includes Health and Dental Insurance, 401K, Retirement Pension Plan, Basic Life Insurance and Short and Long Term Disability Insurance.

Send resume with salary requirements to:

Radiology Imaging Associates
Attn: Human Resources
7801 Old Branch Ave, #300
Clinton, MD 20735
Fax: (301) 856-0021
Email: mkelly@riassociates.com

Drive you.

"Cars" can put you in the right wheels. **Wednesdays. express**

OPTICIAN

For busy optometric practice in Burtonsville. Exp. in contact lenses, sales & dispensing. Fax resume to: **301-421-4467.**

PAINTER—In Laurel, MD. Exper. req'd. Must have reliable car. Salaried. 301-741-0111

PROPERTY MANAGEMENT

Experienced Leasing Specialist needed for fast-paced garden-style community. 5 yrs. & tax credit exper. a must. Excellent pay with benefits. Send resumes to: rmendoza@silverwood-management.com. FAX: 703-718-0998.

Real Estate

Jump Start Your Real Estate Career! We're looking for winners! FREE Leads! No Cold Calling. Free marketing & training. Health benefits available. ZipRealty is hiring Real Estate Sales Agents. For more info, contact Margot Gray at mgray@ziprealty.com or 703-373-4326.

RECEPTIONIST

Army Navy Country Club has an immediate opening for a PT Receptionist/Front Desk position available. Apply in person Tu-Fr. 10-3. at Army Navy Country Club 1700 Army Navy Dr. Arlington, VA. No phone calls.

Receptionist/Front Desk—person for upscale fitness center in Tysons Corner, M-F 2-9PM, \$10-11/hour + benefits. Fax resume to (703)848-0889.

Receptionist/Office Asst

For construction co. Must have excel. phone skills, answer & direct incoming calls, faxing, filing, light typing. M-F, 8a-1p or 2p. \$9.50/hr. Send resume to: ShayConstruction@verizon.net or fax 301-333-4884.

RECEPTIONIST- P/T

Needed for small Vet clinic. Some eves. & Sats. a must. Call 703-941-5300, ask for Dee. Must have own transportation.

RESTAURANT**EXPERIENCED SERVERS \$6-\$7 PER HOUR
PLUS TIPS**

THE SPIRIT OF WASHINGTON IS IN THE PROCESS OF
HIRING

**MANAGERS, SERVERS, BUSSERS, BARTENDERS,
COOKS & KITCHEN HELP, DECKCREW**

APPLY IN PERSON MON-FRI 10AM-5PM

PIER 4

6TH AND WATER STS., SW

WASHINGTON, DC 20024

WATERFRONT STOP ON THE METRO GREENLINE

202-264-3602

RESTAURANT

Army Navy Country Club has an immediate opening for Server/Banquet. apply in person Tu-Fr. 10-3. at Army Navy Country Club 1700 Army Navy Dr. Arlington, VA. No phone calls.

RESTAURANT GRILL COOK

No exp. necessary will train. Marlow Heights, MD CALL 301-894-1188.

RESTAURANT

Upscale restaurant in Tysons Corner area is in need of FT Waiter/Waitress w/min. 2 yrs. exper. Fax resume to: **703-759-0457.**

RETAIL/CAFE**GENERAL MANAGER**

Pangea, an artisan market & cafe in NW, DC (www.pangeamarket.com) seeks GM w/retail & cafe exper. Also need Baristas, Retail Salespeople. Fax/email resume to: **703-313-4787; hr@pangeamarket.com**

Retail: Sales Assoc P/T for Georgetown University Hospital gift shop. Mostly eve/wknd shifts but must be flexible. Retail exp req'd. Apply at the gift shop **3800 Reservoir Road NW.**

Sales

Earn up to \$80K. Must speak **Chinese or Korean.** We invite you to join our international team at Park Lawn Cemetery. 301-910-1118.

SALES**Account Manager Automotive Advertising
at**

The Washington Post

Sell print advertising to automotive industry clients!

- Cultivate and grow existing business
- Cold call and close new business
- Outside Sales
- Sales presentations
- Account management
- Consultative selling
- Base plus incentive

Great benefits package with health insurance that begins immediately and a 401(k) matching! For more information: www.washingtonjobs.com. Send resume to:

The Washington Post

Human Resources

Attn: HR/AutoEX/JT

1150 15th Street, NW

Washington, DC 20071

Talentsearch@washpost.com

We are committed to diversity & promote a drug-free environment.

MANY PATHS. MANY POSSIBILITIES.
ONE MAXIMUS
HELPING GOVERNMENT SERVE THE PEOPLE

IMMEDIATE OPENINGS!

National Headquarters: Ticket to Work Program, Alexandria, Virginia

MAXIMUS, a Health and Human Services Consulting Firm is looking for experienced people to fill the following positions:

EDUCATION AND COMMUNICATION SPECIALIST - 3 Openings: Bachelor's degree from an accredited college or university in instructional systems design, communications, journalism, English, public affairs and/or marketing. Three years professional experience developing and implementing a variety of training/educational methods, communication strategies, materials, techniques, and tools; experience and knowledge of e-learning technology and strategies. Experience in developing and delivering effective presentations for the public. Proficiency in MS Office and desktop publishing applications/graphics and reports design. Some travel may be required.

QUALITY ASSURANCE ANALYST - Bachelor's degree from an accredited college or university in business administration; Master's Degree preferred; minimum five years professional experience Quality Assurance, ideally related to complex business process in a service environment; broad knowledge of statistical theory and statistical process control preferred; five years experience of proven analytical/technical aptitude in quantitative role; excellent computer skills, including desktop publishing applications/graphics and reports design; proficient in MS Office. ISO 9001 certification experience highly desired.

STAFF DEVELOPMENT SPECIALIST - Bachelor's degree from an accredited college or university in training, human resource development, or equivalent years of experience; five years of experience in the design and delivery of performance based training programs and implementing a variety of training/educational methods, assessment strategies, communication strategies, materials, techniques, and tools; experience in developing and delivering effective presentations for the public; strong analytical skills and ability to utilize data to improve services and refine products to meet customer needs; excellent computer skills; computer literacy with proficiency with applications related to web-based and e-training delivery methodologies.

CALL CENTER REPRESENTATIVES - Multiple Positions: High school diploma or equivalent; Associate's degree desirable; experience working in a high volume call center and/or customer service environment; excellent customer skills and phone manner, keyboard skills and organizational, interpersonal, problem-solving attributes needed; good written and oral communication skills required, including grammar and voice quality; ability to perform comfortably in a fast-paced, deadline and detail-oriented work environment; ability to successfully learn and apply complex government Program policies; Must be available to work part time (minimum 20 hrs per week) or full time between the hours of 8:00 a.m. and 10:00 p.m. Experience working with disabled and disadvantaged populations, bilingual skills/capacity, especially Spanish.

APPLY TODAY

FAX or mail cover letter and resume to:

MAXIMUS

2000 Duke Street, 2nd Floor

Alexandria, Virginia 22314

Attn: J. Ritchie

FAX: 703.683.1051

Check out our web sites!!!

www.maximus.com

www.yourtickettowork.com

MAXIMUS is an Equal Opportunity and Affirmative Action Employer, M/F/D/V.



Research an Exceptional Career and you'll find CoStar!

RESEARCH ASSOCIATES

Do your research and you'll find the career opportunities for CoStar Group Research Associates are unlimited. We provide the training and tools essential for success. As the leading provider of information services to the Commercial Real Estate industry, our products offer customers access via the Internet to the most comprehensive database of commercial real estate information on over 60 markets in the US and UK. Last year alone, more than 70% of leasing and sales transactions took place with the help of CoStar Group.

Requires:

- Strong desire to advance
- Bachelor's degree or relevant work experience
- Proficiency with MS Office & Windows based applications
- Excellent telephone, research & communication skills
- Ability to build long-distance client relationships with ease.

We offer:

- Competitive base salary with incentive opportunities
- Comprehensive medical/dental plan
- 401(k) plan with company match
- Paid training & development
- Free parking
- Diverse growth opportunities and more!

Find out more today by exploring our CAREER CENTER:

www.costar.com/careers and apply online.

Equal Opportunity Employer m/f/d/v. Drug-free workplace.



Classifieds

JOBS

SALES

Granite & Marble Showroom Sales
Exper. with granite sales a plus, but willing train. Salary + Commis. Fax: 301-299-4335; or CALL: 301-299-4233. slouback@sudburygranite.com
www.sudburygranite.com

SALES

POHANKA

Change Your Life
Not Just Your Job!

Join us now, get trained & make \$4K-\$6K per month.

We Offer:

- Paid training
- \$400 per week salary
- Up to 40% Commission for experienced Salespeople
- Full benefits package

If you're looking for the ability to put your ideas to work, we're the company for you!

Candidates must:

- Have a Valid Drivers License
- Be at least 21 years or older
- Be able to work long hours
- Must have a neat appearance
- Have very good communication skills

Call us today for an interview
Pohanka Automotive Group-Temple Hills, Maryland.
301-423-1100

Sales

ADMISSIONS COORDINATOR

Career College looking for outgoing, team player, sales exp. important! Send resume to anjanem@heritage-education.com

SALES

A RARE OPPORTUNITY

Prosperous NoVA/MD Company in the home improvement industry is expanding. Prior industry experience not necessary but welcome. Professional training program provided. Someone who needs at least \$65,000 per year with the potential of six figures. Commission, Incentive and bonus. Car Required. No overnight travel. Call Brian Quick between 9am and 3pm @ 301-560-6920

SALES

Inside Sales/ Business Development at

The Washington Post

Sell employment ads to employers across all industries! Open territory. Competitive sales incentive! Seeking: Sales hunter to research, prospect, generate and qualify leads, cold call and close new business over the phone. Target inactive and new potential advertisers. Comprehensive benefits package with health insurance that begins immediately and a 401(k) matching program. Fabulous career development opportunities and team environment. Grow your career at The Post!
For more information: www.washingtonjobs.com. Send resume to:

The Washington Post

Human Resources

Attn: HR/MME/JT

1150 15th Street, NW

Washington, DC 20071

Talentsearch@washpost.com

We are committed to diversity & promote a drug-free environment.

SALES

Advertising Rep
Part-time

The Washington Post

15 or 16 hrs/wk - phone sales. Join our advertising sales team! Assess client needs. Make recommendations for ad creation and placement based on budget and target market. Inbound call center environment. Customer service and sales experience required. For more information: www.washingtonjobs.com. Send resume to:

The Washington Post

Human Resources

Attn: HR/1516

EXP/JT

1150 15th Street, NW

Washington, DC 20071

Talentsearch@washpost.com

We are committed to diversity & promote a drug-free environment.

play su do ku

SALES

\$60K-85K POTENTIAL

Residual income, benefits. Call 301-396-3597

SALES REP - INSIDE

Tropical Foods, Upper Marlboro, MD, seeks an energetic telephone sales rep to sell & secure business. 1+ yrs. phone sales & food industry exper. pref'd. Good computer, communication & math skills req'd. Apply:
resumes@tropicalfoods.com
Or fax: 704-588-3092
EOE

SALES

Seeking energetic, dependable F/T Sales Manager & Sales Asst. in MD. REGAL HOMES, Fax resume to: 703-978-8822

SECRETARY

Silver Spring. Bilingual Spanish/English. Minimum 1-year secretarial or receptionist experience. Great pay & bns. Highly-rated law firm. Must be smart & accurate w/good common sense.

FAX: 301-495-8815

www.markskatz.com

SECURITY

Blackhawk Security

Seeking ARMED DC SPO's. MUST ALREADY HAVE VALID SPO LICENSE. Salary \$17.00 hr. plus Benefits ALSO— Seeking Security Guards with MARYLAND HANDGUN PERMITS. Please call 1-800-592-0085 Mon-Fri., 8am-5pm.

Security Guard

Immediate opening for a FT Security Guard. Min 3yrs exp. Apply in person Tu-Fr. 10-3, at Army Navy Country Club 1700 Army Navy Dr. Arlington, VA. No phone calls.

Security Guards—PT on-call Sec Grds needed for special events. Must be 21. Weekly pay. Fax res to: 301-265-9866, on-line apply www.ppsvsc.com, or apply in person 1050 17th St NW suite 600 Wash, DC. 20036 Between 9AM-4PM.

SECURITY

International Security Company is seeking a motivated individual to manage all aspects of physical security coverage for existing prestigious clients in the 495-270 area. Bachelor's degree, clean record, drug test, vehicle, and background checks will be required. Salary in the mid \$40K. Fax resume to 410-465-5470.

SECURITY OFFICERS

\$1000 Sign on Bonus + FREE BENEFITS for VA, DCJS Armed cert. Reserve your spot today w/ Amber at Security Associates, 703-257-0292.

SHOP WORK—Light Shop Work Helper F/T. Springfield Mall area. Will train. Call for appt: 703-440-8720 Meteor Productions, Inc. EOE

Stock Person/Liquor—FT 202-889-1500/889-1623 TAILOR—Must be experienced. CALL 202-547-0000.

TEACHER

Play and Learn in Dulles Corner in Herndon, Va seeking Teachers. Must have degree. Competitive salary. Professional development opportunity. Great benefits. Please call 703-713-3983 or FAX: 703-793-1032 or EMAIL resume to: sanglely@va-childcare.com

Telemarketer/Confirmers

\$10-\$15/HOUR UP TO \$30/HR IN BONUSES. Health, Life & Dental Paid by Employer FT/PT. CALL MR. JAMES: 301-883-8881, ext 120, or fax resume: 301-883-2157

TELEMARKETING

Earn up to \$25/hr selling advertisements. Laurel, MD. Great working environment. 301-362-1999

TELEMARKETING

\$10-\$18 per hr. Daily cash bonus. Call Martin, 301-209-7555.

TRAVEL AGENTS WANTED

Start your own home based business. Earn \$1,800+ per week. PT/FT. Training incl. Call 301-292-5869 for an interview.

Travel agents needed.

Work from home. No exp nec. Call 301-352-7330.

Warehouse — FT pos for hardworking motivated indiv to run shipping, receiving dept. Well estab wholesale electronic distributor. Full benes pkg. Competitive salary. Fax resume to Mark Electronic Supply Inc 301-937-0491 or mail 11215 Old Baltimore Pike, Beltsville, MD 20705.

CAREER TRAINING AND
EMPLOYMENT SERVICESOFFICE
TRAINING

Computer Skills for:

- Receptionist/Office Support
- Sales Associate
- Customer Service Representative
- Business Presentation Specialist

Sanz
since 1939

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance

1(888) 407-8222

AOS DEGREE
in HEALTH SERVICES
ADMINISTRATION

in just 16 months!

includes
BILLING & CODING

in just 7 months!

- ✓ Financial Aid If You Qualify
- ✓ Job Placement Assistance



1(888)407-8222

A new career!

Get career training
in Criminal Justice!
Animation or Design.
Let

Westwood College
show you how!
1-866-811-6459

Not all programs
offered at all
campuses.

www.westwood.edu

have you tried it
in ink?
play su do ku

WeekendPass pulses. Thursday.

A Bar Career

In 1-2 Weeks

- Days, Evenings & Weekend Classes
 - Free Lifetime Personalized Job Placement
 - Approved by the State of MD
 - National Alcohol Awareness Certificate (T.I.P.S.)
- Call for nearest location 1-866-411-2MIX
www.authenticbartending.com

Career training in
Criminal Justice!

Westwood College
can help you prepare
for a future in one
of today's most
exciting career fields
Get the training
you need for
a new start.

1-866-811-6459

www.westwood.edu

LEARN TO BARTEND

40 hours. Flexible class schedule. Call 703-549-5850
or www.capitalbartending.com

Prepare for a new life!

Make a difference,
even with the little ones
as an Ultrasound Technician.
Train in less time than you think!
Career services available
Financial Aid for those who qualify.
Training includes an externship!

For a Brochure,
call now! 888-771-2433
Sanford-Brown Institute
8401 Corporate Dr. Ste 500
Landover, MD 20785

Quality First Training Center

is your way to a new career. Classes start soon.
Call 301-270-5105.

PHLEBOTOMY-10 WEEK PROGRAM

CNA 4 WEEK PROGRAM. CNA to GNA PROGRAM-72 hrs.
CPR-6 hrs. 6475 New Hampshire Ave, Ste 501,
Hyattsville, MD 20783. Job placement assistance. Day/
Eves. Classes. Approved by State of Md. Board of
Nursing & Md. Higher Education. Comm. www.qfti.com

Get fit
Tuesdays
in Express

GET THE SKILLS EMPLOYERS
WANT IN AS LITTLE AS
6 MONTHS!

Medical Office Assistant

- Medical Coder
- Medical Biller
- Medical Receptionist
- Medical Claims Adjuster
- Medical Insurance Processor



Office Administration

- Administrative Assistant
- Receptionist
- Customer Service
- Accounting Assistant
- Accounts Payable & Receivable



* Financial Aid Available If Qualified * Placement Assistance Available

Career Blazers
LEARNING CENTER

888-639-8766
2131 K St. NW
Btw. 21st & 22nd St.

Are you making \$3500
a week? Our Reps Are!

American Mortgage & Investment Corp. is a growing company that has been servicing the mortgage needs of the greater Washington Metro area for over 9 years.

Qualified Candidates should be Sales Pros & Top Producers but no Mortgage Experience needed!

We Provide...

- ◆ 5-10 Appointments per week
- ◆ Ongoing support and training
- ◆ Top Producing Processing Department
- ◆ Paid Health, Life and Dental
- ◆ Commissions paid weekly.

Call: 301-883-8881 x107 • Fax: 301-883-2157 • Email: careers@gotoami.com

AmericanMortgage
and Investment, Corp.

A Wealth Of Opportunities

Take back the White House and bring back good government. Work for SHARE and help Democratic candidates raise funds. SHARE manages telefundraising campaigns for many socially progressive organizations.



- Get great benefits! • \$10-15/hr. on average!
- Flexible full or part-time schedule!

To be a part of the solution,
contact: Keith Lofton
Tel: (202) 223-3444 X.110 or
Email: klofton@sharegroup.com
www.sharegroup.com

The Business of Social Change
SHARE
Somerville, MA • Washington, DC
EOE

Classifieds

CAREER TRAINING AND
EMPLOYMENT SERVICESTRAIN FOR A CAREER IN
MASSAGE THERAPY AT
EVEREST COLLEGE

You will receive a solid base of knowledge through instruction and hands-on training that can get you started in this exciting field.

Tyson's Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

CALL: 888-425-7099
Adkey NPEX626F

TRAIN FOR A CAREER IN
HOMELAND SECURITY
AT EVEREST COLLEGE

Graduate in less time than you think!

Tyson's Corner Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

CALL: 866-300-9344
Adkey NPEX625E

TRAIN TO BECOME A
MEDICAL ASSISTANT
IN LESS TIME THAN
YOU THINK

Three locations to choose from!

Everest College Arlington Campus
801 N Quincy, Suite 500
Arlington, VA 22203

Everest College Tyson's Campus
1430 Spring Hill Road, Suite 200
McLean, VA 22102

Everest Institute Silver Spring Campus
8757 Georgia Avenue
Silver Spring, MD 20910

CALL: 866-255-6621
Adkey NPEX627G

POSITIONS WANTED

BUSINESS AND
FINANCIAL OPPORTUNITIESARE YOU HAVING TROUBLE
GETTING APPROVED?

Residential, commercial, construction and re-hab loans. Bankruptcy, low credit scores, and foreclosure issues. No downpayment. No doc, no income verification loans. Call today and get approved.

301-362-4001

BARBER SHOP FOR SALE—Establ. shop 15 yrs. Retiring. Landover. Serious buyers only. 240-281-6133

BARBER SHOP—for rent, 6 chairs, fully equip., 2408 MLK Ave. SE. Call Andrew 202-391-4455

CAR STEREO CUSTOM SHOP—for sale, establ. 10 yrs, great customer base, \$800K+ in revenue/yr. in heart of Rockville, MD. 240-328-5321

DIRECT MAIL—owner selling existing Nat'l Franchise, Montgomery Co. w/Very Profitable - For Sale. Exclusive Clients. \$100K req'd. **888-543-0441**

FITNESS CENTER—For sale, 6000sqft, full svc. No Va, great opp'ty/loc/price. \$71,500 703-254-6008

TIMING IS EVERYTHING!

90% of women want this. \$45 to start.

1-800-303-1447

VENDING CO—For sale, 35 accounts, 80 machines, \$240K/annum. No Va. 703-732-2565

VENDING RTE—Must sell. Hi volume sales in DC/MD/VA. 202-439-6100

VENDING

Two locations in downtown Silver Spring, MD. Call 301-741-7622

STUFF

8PC-Cherry sleighbed set, new in boxes, \$575-val \$1100 301-343-8630

Air Condition—Central. Furnace, heat pump, never used. Will install. 301-262-8783 301-908-5394

ANNADALE—Couch and TV center \$600, 703-389-4988

***BAD/NEGATIVE CREDIT

Remove from Credit Report
Call 202-775-6932

BD \$150 Qn Double pillowtop matt set new in plastic Can del 301-399-8780

BD \$245 Double pillowtop king matt set New in plastic Can del 301-343-8630

BEDS

Used in Great Condition

QUEEN SETS \$129

MD 301.324.8684 301.468.6443

BALTIMORE 410.719.6922

VA 703.818.2678 703.354.2600

CORT FURNITURE

CARPET—Starting at \$1.59/s.f. Hardwood floors, \$6.99/s.f. Price includes installation. 301-341-2499

GRANITE COUNTERTOPS SALE

\$25/per sq ft. This Saturday. 301-627-7630

KEY DUPLICATION MACHINE—Key blank display rack. Hardly used, ilco performance series 40. \$1000 OBO must pick up/ Easton, MD Call 410-763-9071

REST EQUIP—Walk in coolers, freezers, deli cases, ice machine & much more. Store closing. 703-898-4185

SILVER SPRING—Falkland Chase Apartments - HUGE COMMUNITY YARD SALE! 6/24 - 10am-4pm

Sofa+lvst+chair, microfiber Brnd new never used take \$595. 3/343-8630.

CAREER TRAINING AND
EMPLOYMENT SERVICES

TIGER WOOD COLLECTION
25 Cards including Bonus Card
3.5 x 5.5. 301-782-4537;
Go to: www.reesegiftshop.com

TICKETS

**NATIONALS*WIZARDS*ORIOLES
BUFFETT*MCGRW*PEARL JAM**
301-985-6250

www.greatseats.com

REDSKINS VS DALLAS 9/16-9/18. Complete pkg. Air, room & tickets to game. Call Johnny 301-449-3478 or Mike 301-490-1159

PETS

ADOPT A CAT/KITTEN VET CHECKED
Call Feline Foundation.

703-920-8665 www.ffgw.org

ADOPT

CAT/KITTEN ADOPTION FAIR

Sunday, June 25, 1-3 p.m.

VCA BARCROFT CAT HOSPITAL
6357 Columbia Pike, Falls Church, VA
Information 703-920-8665 x3

Feline Foundation www.ffgw.org

BICHON PUPS—Fluffy 8wks, small, s/w, hlth warranty. Vet chkd, very friendly. \$400 202-297-0914

CANE CORSO—Female 11 mos, ICCF registered Italian bloodlines. \$2000/nego 240-417-2687

CHIHUAHUA MIX PUPS—Ex tiny. Low to no shed. Father is T-cup. S&W. Super sweet. \$375+. 540-974-0552

CHIHUAHUA PUPS—Toys & tiny toys, 1 lb. Female, 11 weeks, \$1600, toy male, \$500. AKC, shots/wormed, Harpers Ferry area. 304-876-1414

COLLIE PUPS—ADORABLE, AKC. Great breeding. Show quality. \$500/negotiable. Call 301-842-3829

DOBERMAN—Regis 2yr old Brown M, Docked/cropped & neutered, very handsome well cared for, expr'd owner pref. \$500. 804-337-6590

ENGLISH BULLDOG PUPS—For the Dads who has everything. AKC, health guar. \$2000 804- 224-1733 bquirk0827@aol.com

ENGLISH MASTIFF PUPS—Champion sired. Taking deposits. Brindles & Fawns, Ms & Fs. \$1500-\$2000. Call 540-784-0328

Golden Retriever—Euro Creme Champ. Lines, southbranchgoldens.com \$1500 715-754-5645

GOLDEN RETRV PUPS—AKC, OFA, beaut. blondes, hlth guar, vet chk, ready now, \$1000. 540-788-4772

LAB PUPS—yellow, AKC ch. sired, M/F, 2 shots, wormed, microchipped, 30 mo. hip & eye warranty, health certificate 443-610-7740, 410-239-7190

POMERANIAN—AKC, pups, happy, home raised, shots, 'A-1'. We Can Deliver \$675. 301-992-4797

POMERANIAN—AKC, pups, happy, home raised, shots, 'A-1'. We Can Deliver \$675. 301-992-4797

Shiba Inu—ACA, 1yr Female Red, Not Fixed, Current Shots, Great family pet or breeder and great with cats. \$400.00

Earls - 301-770-2772

YOU DON'T HAVE TO DRIVE TO BALTIMORE ANYMORE! sz06 SCALES Tropical Fish Warehouse

744 Cloverly Street. Silver Spring, MD 20905 301-384-7839 scales-tfw.com HUGE SELECTION

OF AFRICAN CICHLIDS, PIRANHA, MORE

EQUAL HOUSING
OPPORTUNITY

All advertisements for the sale or rental of dwelling units published in Express are subject to the federal Fair Housing Act, which makes it illegal to advertise "any preference, limitation, or discrimination because of race, color, religion, sex, handicap, familial status or national origin, or intention to make any such preference, limitation, or discrimination." State law forbids discrimination based on factors in addition to those protected under federal law.

Express will not knowingly accept any advertising for real estate which is in violation of the law. All persons are hereby informed that all dwellings advertised are available on an equal opportunity basis.



RENTALS

1BR/2BR Specials, 1/2 off of security deposit! w/w crpt, balcony, laundry, d/w, hdwd flrs, close to Metro. From \$850 - \$965 + electric. 6747 RIVERDALE RD

DELWIN REALTY 301-577-7917

WeekendPass. Noteworthy. Thursday.

1BR/2BR Specials, 1/2 off of security deposit! w/w crpt, balcony, laundry, d/w, hdwd flrs, close to Metro. From \$850 - \$965 + electric. 6747 RIVERDALE RD

DELWIN REALTY 301-577-7917
ALEXANDRIA, VA EHO

KINGS GARDEN

- Walk to Schools, shopping, and Huntington Metro
- Floor to ceiling windows
- Walk-in Closets
- Balconies or Patios

877-317-0279
6300 South Kings Hwy

Alexandria EHO

Southern Towers

Convenience, Comfort & Magnificent Views!

Studio Special \$725 1BR from \$945
2BR from \$1250 3BR from \$1520

703-485-4154

4901 Seminary Rd

Alexandria EHO

RENT SPECIALS!

Call for details

Gorgeous 1 & 2 BR

Apartment Homes From \$999

ParcView Apartments

703-485-4148

M-F 8-5; Sat 10-5; Sun 12-5

*Restrictions Apply. Call for details

Alexandria City/Rt 1

Highrise, Garden Apts & Townhms

Numerous Amenities!

*SPECIAL

Move-in by 8/1/06

\$275 Move-in Credit

4th Mo Rent 1/2 Credit

Carydale East 703-751-7576
Carydale Village 703-780-6244
*Holly Court 703-765-7039
*Rolling Hills 703-780-0161
*Washington Avenue 703-765-7039

www.carydale.com

ALEXANDRIA

AFFORDABLE LUXURY!

1BRs fr \$895 2BR fr \$985

3BR from \$1415

WASHINGTON SQUARE

1-877-437-2395

ALEX—Newly renov 1 BR condo. Pool. Walk to Metro. \$1300 incl utls. 703-389-9976

ALEX—1BR totally renovated. Many amenities in sec bldg. Nr Metro. \$1395/mo incl utls.

Sawyer & Assoc. RE

Fred Jones 301-449-9700 Ext. 27.

Alex/Kingstowne—Multi-lvl unit w/2 BR, 2 BA. Gar, \$1490. 804-398-8525
www.sitedezignz.com/condo.

ALEX/KINGSTOWN—SFH, 2mi fr 95/495. Loc on quiet cul-de-sac. 2story Fm Rm. Study, hdwd flrs, granite cntntrs, landsc, fncd yrd w/Lg slate patio. No pets, avl late Jul/early Aug. \$3200/mo 703-313-0181

ALEX/Sequoyah Commty—2 level condo, 2 bedrooms, 1 1/2 baths, W/D, D/W, garden-style patio, parking garage. Bus service. \$1200/mo. \$300 deposit. Call Donna 703-303-8220.

Anacostia—5 Bdr hse nr metro, Section 8 ok. SFH w/backyard 5 BR, 1.5BA, W/D. 4 blocks from metro. Call 202.491.9456 or 301.455.4850

ANNADALE EHO

The Parlments

Right off the Beltway!

- Rents from \$930 inc utls
- Park-like setting
- Wall-to-wall carpet
- Enormous Balconies
- Huge living rooms
- Minutes to metro

877-316-6297

ANNANDALE—3BR, 2BA, lg FR, lg backyd., lge LR/DR/kit. Jacuzzi. Sect 8 wel. \$2,200. 703-303-6334.

ARL

FILLMORE GARDEN

APARTMENTS

'BEST DEAL IN ARLINGTON'

1BRs \$950

Free Utilities

877-380-0761 FOR APPT

www.fillmoregardenapts.com

ARL N/Ballston—1BR W/ sunrm., 740sqft. \$1550. Fully renov. Commty pool, fit ctr., W/D in unit. Avail immed. Call Cindi, 571-220-5477.

ARL SO—2BR, 1BA. CAC, w/d, dw, pool, tennis, patio, prkg, Pets OK \$1175+elec Avail 7/1 202-365-4490

ARLINGTON AWAITS!

Eff fr \$855 1BR fr \$955 2BR fr \$1205

All Utilities Included!

Mins from 395, near Pentagon City

& Baileys Xroads, Swimming Pool

, Pet Friendly (up to 25lbs), and

Military Discounts!

CHESTERFIELD HOUSE

1-877-437-2393



Prince George's County Featured Properties

Oxon Hill

Free Gas & Electric

1,2 & 3 BRs.

Near Southern Ave Metro

Spacious floorplans.

Pet friendly community!

*Housing Choice
Voucher Accepted*

1439 Southern Avenue

Oxon Hill, MD

Forest Hills

1-866-394-2064

Laurel

1,2,3 BRs from \$875

\$200 Off 1st Month Rent

Huge closets

Floor-to-ceiling windows

Offers 6,9,12 month leases

Corporate leases available

Pets Welcome to 20 lbs

5% Student & Military

Discount

14601 Bowie Road

Laurel, MD

Laurel Pines

1-888-637-7730

Forestville

New Specials

Everyday!

1,2 & 3 BRs

Balcony/patio

Spacious floorplans

Pets welcome

1926 Rochelle Avenue

Forestville, MD

Berkley Estates

1-888-281-3043

Hyattsville

1 BRs From \$819

2 BRs From \$994

Free Gas, Electric, Water

2 blocks to West

Hyattsville Metro

Teachers, Seniors, Police,

Military & Student Discounts

Cats Welcome

3342 Lancer Drive

Hyattsville, MD

Hamilton Manor

1-888-281-3024

Langley Park

Classifieds

RENTALS

Arlington—2Br garden apt on Columbia Pike near George Mason Dr. CAC, d/w new kit. \$1250 + electric. 703-524-7773

Arlington/Rosslyn Several Locations
SPECIAL: MOVE IN BY 7/1/06 & GET \$275 Move-in Allowance!
On-Site Parking, Walk Metro
Upgraded Apts, 182BRs
703-671-4045 or 703-861-7605
www.carydale.com

ASHBURN/Baltusrol Terr \$2300
Belmont Country Club TH, 4 BR, 2½ BA, w/deck overlooking golf course. Excellent amenities. Call Mila, 703-304-0880

Ashburn/Kings Arms \$1800 or \$475K
End unit 4 MI TH. 3 BR, 2½ BA, spacious loft overlooking mstr suite. Fin walk-out bsmt to fully fncd backyard. Lge deck. Call Mila, 703-304-0880

BELTSTV—3BR endunit TH, 2.5BA, fully fin w/o bsmt, jacuzzi, frpl & recessed lghtng. \$1900 + utils. 301-931-1787

BETHESDA/CHEVY CHASE—1BRs fr. \$979. Newly remod. from \$1295. Avl. July & Aug. Incls. utils & prkg. Near Metro & shops. No pets. 301-656-7626

BETHESDA DOWNTOWN BETHESDA BETHESDA PLACE APARTMENTS
• 1 & 2 BR apts. up to 1300+ s/f
• Washer/Dryer in all apts.
• Resident controlled access
• On-site Safeway
• Short-term/furnished avail.
866-390-7709

BETHESDA—Newly remod. 1 BRs fr \$1345. 2BRs fr \$1660. Incls. utils & prkg. Avail. July & Aug. Near Metro, NIH, shops. No pets. 301-656-1306

BETHESDA—Newly remod. 1 BRs fr \$1345. 2BRs fr \$1660. Incls. utils & prkg. Avail. Aug, Sept, Oct. Near Metro, NIH, shops. No pets. 301-656-1306

BOWIE—3BR house. \$1200/m + utils. 301-218-6015

BOWIE—Spacious 3BR 2½BA priv patio area. \$1650/mo 301-346-4083

BRANDYWINE—4BR, 3FBA, LR, Din/Kit, gar, remod bsmt w/sep entr, 8208 Heatherwick Dr. call 1-866-Rolanda

BROOKLAND/CATHOLIC U—1-BR, \$750+util. 202-635-3984

BROOKLAND/NE—Renov. duplex, 3BR/2FBA, fin bsmt w/laundry. CAC, new windows & w2w carpt, lg yard, shed. Prkg. Wlk to Metro. \$2400/mo Tillman Properties 202-449-7664.

BURKE CENTRE—2BR, 2 ba, den w/closet, w/d. Nr. VRE. Storage rm. No smkg. \$1330/mo. Avail now. 703-250-2776; 202 231-4502

Camp Springs EHO
MetroPlace At Town Center
1BR \$1340 2BR/1BR \$1560
• Across from Branch Ave Metro
• Fireplaces, bay windows, patio/balconies*
• Tennis Court, Pool & indoor basketball court
• Washer/Dryer in every apt

888-272-6597
4300 Telfair Boulevard Camp Spring, MD 20746
www.gables.com

CAP HGTS/SEAT PLEASANT—Nice rm. \$140/wk & up. M to shr hse. Near transportation. 301-499-6323

CAPITAL HEIGHTS—Beaut., Spac, 3 BR, 2½ BA TH w/ finished bsmnt. Conv to metro, 495, Andrews AFB and DC. \$1,800. Avail 7/1 Call 703-731-0107

CENTREV—3BR, 2.5BA TH 1 Cr Ga dck, pool \$1700 703-502-0322 or 571-224-2231

CENTREVILLE—3 MI TH, 3BR/2.5BA, 1 car garage, deck, walk out bsmt, short term lease accepted. Available immediately, \$1,700/mo. 202-345-0573

CHANTILLY **Luxury Town Home**
3BR 2½BA 2600 SqFt Lakefront, 1yr old, W/D incld, 3lv, 2 car grg. \$1850/mo call 571-215-1346

CHELTEN HAM—SFH, built 1994, 3 BR, 2½ BA, deck, sec system, \$1,800/m. Call 301-372-8703.

Children's Hospital Area

Spacious 1 & 2 BR Floorplans
WALK TO METRO
W/D & Microwave in every apt.
Kitchen with Breakfast Nook
THE HEIGHTS 1-888-333-5578

*select apts. call for details

COLLEGE PARK/CLOSE TO METRO—Rent to own. 3BR 1BA SFH. Totally renov. \$1600/mo. \$400 Rent Credit. 9614 51st Pl. 703-582-3748.

COLLEGE PARK EHO

UNIVERSITY GARDENS
Great for Students!

- HUGE BALCONIES
- Spacious closets
- 2 swimming pools
- Shuttle bus to UMD in community
- Small pets okay!

877-316-6285
1801 Jasmin Terr, Adelphi

COLLEGE PK—quiet neighborhd, cl to trans /shops. \$500/mo incl all util. Call 301-717-9057

DALE CITY

House for rent. \$1800/mo. Call 703-926-0903

DEANWOOD—New 4BR 3½BA W/O W/W crpt, W/D, CAC near bus & metro. Call 301-801-0900

DIS HTS—3BR 1½BA, designer-owned condo, \$1350. 703-845-1620

DONT LET CREDIT STOP YOU FROM RENTING—Call 240-350-4944

Downtown City Living at its best..

Steps to Metro
Restaurants, Museums, and more
Newly renovated! Free Gated Parking. Rich Berber Carpet, A/C, laundry. EHO

1 & 2BR Available
Washington Apartments
202-737-2206 1201 6th Street NW

DOWNTOWN/CONVENTION CENTER—Com-muter. Live near work/play! New appliances & fixtures. Convenient to public transportation & shopping! \$775/mo. 202-289-4909

DUMFRIES/MONTCLAIR—3 fin lvl TH, wlk out bsmt, deck, 3 BR, 3.5 BA, Avail. 6/9. \$1695, 703-869-5200

FAIRFAX—1 MBR avail in a 3BR TH \$600 571-225-2200; 804-691-8171

FAIRFAX—4BR 1.5BA Col, Lg yard. Call 703-273-1220

FAIRFAX BEST LOCATION IN FAIRFAX!
EFFICs from \$820 1BRs from \$1070
2BRs from \$1300 3BRs from \$1560
Convenient to Metro, NOVA & George Mason University, Small Pets Welcome, Free Storage Facility
ALL UTILITIES INCLUDED!
MARGATE MANOR
1-877-212-8271

FAIRFAX—Brand new 2 level TH condo. 3BR 2½BA. 1 car garage. \$1850/mo. Call 703-772-4767

Fairfax EHO
AVALON AT PROVIDENCE PARK
• Large eat-in kitchen with breakfast room
• Built-in wine rack & opt. woodburning fireplace
• Outdoor pool with sundeck
• Passes avail. to GMU Recreation Sports Complex (Fieldhouse) & the Aquatic and Fitness Ctr
• Easy access to public transportation
CALL FOR SPECIALS: 866-723-5728
www.avaloncommunities.com

FAIRFAX—Huge 1 & 2BR apts avail. on bus line serving Metro. Plenty of parking, fitness center & pool. Call 703-968-7900

FALLS CH/SKYLINE HOUSE—2BR, 1½ BA, gar, pkg. \$1400 + elec. Call 703-909-1066

FORESTVILLE EHO

1BR from \$705
2BR from \$770
3BR from \$1030
Near Bus/Metro/Shopping
Student/Military Discounts
PARK BERKSHIRE
6311 Pennsylvania Ave
1-877-227-2890

Fort Washington EHO

ASHFORD AT HENSON CREEK
GREAT SPECIALS!

s206 Spacious floorplans w/walk-in closets, eat-in kitchens (avail), W/D available in select homes!. Minutes to downtown DC & AAFB.

Call today! 1-888-202-4586

FREDERICKSBURG/ORANGE—Rent to own 2BR unit. \$129,900/\$750 mo.
Karen Rollings, RE/MAX 2000. Call Courtney 804-365-0266.

FT WASH/8115 Murray Hill Dr.

4BR, 2FBA rambler, Rent/Opt to buy.

\$2000+uts. Tyrone 202-276-6988

GAITHERSBURG—2 BR, 2 BA, den, w/d, lg balc, othr amen. \$1,200 incll util. Open house Sun 6/25 12-5. 301-728-1038 or 301-318-7069.

GAITHERSBURG—Brand New 3BR, 2.5BA TH, Walk to mall & bus stop. Nr Metro. Pool, clubhouse. \$2095. 301-922-1328

Gaithersburg EHO

Great Location near Rio, Metro, & I-270!
1BR from \$785

2BR from \$970 3BR from \$1230

Spacious Apts - to 1300sf, AC

Scenic Balconies, Pool

Mill Creek Gardens

17654 Amity Way 1-866-600-4369

Georgetown/Burleith—\$1000/mo.

2 rms + ba on lower lvl TH. Patio, prkg, shr kit & laund. 703-241-8742

GERMANTOWN—4BR TH, 2½BA, wlkout bsmt, HOC accepted.

1,950. Call 301-916-9045

GREENBELT—2BR, 1BA condo, washer/dryer, hdwd flrs, \$1300. 703-485-6394

HERNDON OAKHILL—brand new, fl lvl twnmh/condo at cc, 3 BR 2½ BA, 1 gar, bumpout ext. fin bsmt.

\$2,100/m 703-723-9322.

HOWARD U—2BR/1BA, liv rm, din rm & new kitchen. Walk to Metro! Avail now! \$1500.

240-353-7698

HYATTSVILLE EHO

Call for Specials

1BR from \$885, 2BR from \$990

Instant Approvals

5% Gov't, County, & Sr. Citizen Discount

• Nr Metro, shpng & restaurants

CALL FOR SPECIALS!

QUEENSTOWN APARTMENTS

1-877-278-3509

Mon-Fri 9-7, Sa 9-5, Su 10-5

HYATTSVILLE'S BEST!

1BR \$840 2BR \$900 3BR \$1245

All Utilities Included

Near Wash. Hospital Ctr,

UofMaryland, & PG Plaza

Parquet Floors, Roomy Floorplans

QUEENS PARK PLAZA

2500 Queens Chapel Rd

1-877-699-0295

KALORAMA—Spacious 2BR w/library, \$3500. 202-332-2283

LA PLATA—3BR 1½BA 2 MI TH. cac. fenced-in back yard. \$1400/mo. Call 301-751-8798

LAKE ANNA, VA—Lake house available for rent: Cozy, 3-bedroom, 2-bathroom house. Available for weekly or monthly rental. For rental details, contact George and Jill at 703-451-5236.

LANDOVER 1829 Belle Haven Dr

Landover's Finest

Call about Free Rent! 2&3BR Blowouts! Renovated Apts. Breakfast bars, w/w carpet, after-school program. Metro access. Shopping center. ADA access. Free prvt storage. Near Sports Complex/FedEx Field.

301-579-5455

LARGO—\$15003BR, 1.5BA SFH, 1 MI, no bsmt, fpl & CAC, lg yrd, sec 8 OK. 301-509-4055.

LANDOVER EHO

GREAT SPECIALS!!
Ask about the spectacular savings on our unique 'Signature Series'. NEW Clubhouse & Fitness Center coming soon.

ASHFORD AT COOPER'S CROSSING
CALL TODAY! 1-888-459-5539

Landover Hills
CALVERT HALL APTS.
877-203-6036

2 & 3 BR APTS. Near Route 450 & PW Pkwy.
Gated Access • Individual Heat & A/C
Eat-in kitchens with Dishwashers

Landover
KINGS SQUARE APTS.
877-898-6958

ALL UTILITIES INCLUDED

Walk to Metro. Call for Specials. **Free 6 week Summer Camp Convenient to shops, Bus**

Landover
MAPLE RIDGE 888-583-3045

Free 6 Week Summer Camp.

Individually Controlled A/C and Heat

Fitness Center/Gated Access

Lanham—3 months free rent* 1, 2, 3 BRs from \$775-1200 incls utils., limited time offer. **Call mgr for details!** Whitfieldtowne Apartments EHO 301-577-8500

LARGO—\$1780. Renov TH, 3 fin lvls. 3BR, 2.5BA, nr Metro/shop. Sec 8 OK 240-893-5140 202-669-2965

LAUREL/EMERSON—New prime loc. Lge 3 story lux TH, gar, 3BR, 2FBA, 2HBA, full fin w/o out lvr lvl, w/d, dw, No smkg/Pets. E-Z access to I-95 & Rte 29. Nr Balt/ D.C. \$1890/nego. Refs & sec dep 443-474-4418

LAUREL, MD. 1BR SPECIAL!

ESCAPE THE SHADOWS OF THE CITY.

..and enjoy the lush lawns & wooded areas of

LARCHDALE WOODS

Spacious apartments in a convenient location w/ olympic size pool, indiv. controlled heat and A/C. Large balcony or patio. Pets allowed.

CALL (866) 516-5359 TODAY!

LAUREL

So Spacious - up to 1200sf

1BR from \$810, 2BR fr \$950

3BR from \$1255

Military Discounts

LAUREL SQUARE

1-877-227-2883

Leesburg—Spacious 3 lvl, 3 BR, 2.5BA TH,W/D, FP, pool, deck, w/o bsmt, no pets \$1595

703-623-7299

LOGAN EAST—Newly decor, historic bldg, conven to transp./shopping. Efficiency \$865 1BR \$975

202-289-4909

LORTON/S. KINGSTOWN—Shr. TH, 4 rms. avail., 3½ ba. \$550 util. incl. 571-438-4153; 703 924-9416 eves

MANASSAS EHO

IN HISTORIC MANASSAS!

1BR from \$895 3BR from \$1340

All Utilities Included

COVERSTONE

1-877-437-2384

www.rimsi.com

McLean EHO

AVALON CRESCENT

• Walk to Tysons Galleria

• Gated community

• State-of-the-art fitness center

• High-tech business/conference center

• Outdoor pool with sundeck

• Optional attached/breezeway garages

CALL FOR SPECIALS 866-292-9907

www.avaloncommunities.com

N. BETH—Lux high-rise condo, 2BR 2BR, 1300 SqFt, 3 min wlk to a Red Line metro station, on-site fitness center. \$2200/mo call **240-498-1341**

NE/ 1230 Simms Pl—1BR, \$690+utils. Sect 8 welc. OSP. Call 202-494-7708

NE/Children's Hospital Area

DISCOVER THE BEST IN DOWNTOWN LIVING!

Walk to Brookland Metro, Deli/Market & Services

HUGE 1,2 & 3 BR FLOORPLANS

THE CLOISTERS 888-287-2716

NE/SE—1BR & 2BR apts. \$675 & up + elec. No pets. Call 202-265-4814 or 202-889-4083

Fred A. Smith Co.

NE/SE—1BR, 908 19th St NE, \$750. 2BR, 2891 Hartford Pl SE, \$875 & up. Sec 8 welcome. Call Sandra or Anna, 301-404-9617/301-743-2488

NE—Sec 8 OK. newly renov apt. 2BR, new appls, sec build, quiet neighborhood. \$1100/m 202-251-4638

NE - Stadium Armory Metro - Completely renovated. 3BR, 2.5 BA, Fin. bsmt. All new appliances in 2-kitchens. Rear yard w/1 car parking. Close to public transp/shopping. \$1750/mo. + util. Call Alvin: Century 21 Trademark, 301-257-4519

NEW CARROLLTON—2BR, 1BA, nr Metro. \$1100. Section 8 OK 301-459-8144

NE/12th & U St.—Immed. Occup. sophisticated 1 BR/1 BA, clse to restaurant, undgrnd pkg and fit. ctr. \$1750/mo. 301-537-6520

NE/14TH ST—Efficy \$675, utilities included. Newly redecorated apartments. Safe, secure building. Laundry room, manager on-site.

Mgr. 301-503-9738

Waggaman Corp. 202-537-8970

Housing Choice Voucher Welcome

Equal Housing Opportunity

NW/5324 4th St.—2BR, CAC heat & air, \$1100/mo + light & gas 202-722-2475; 301-529-5859

NW 877-810-6216

CONVENIENCE & EXCITEMENT

AT AN AFFORDABLE PRICE!

Three intimate bldgs. located on Historic Meridian Hill & Dupont Circle retaining the elegance and beauty of a by-gone era.

Washington House 2120 16th St. NW

Hightowers 1530 16th St. NW

Park Square 2407 15th St. NW

PEABODY & THEOHARIS MGMT.

NW—FLA AVE, 4BR, 1BA, 2nd flr, A/C, w/w, \$1500/m + utils. 501 Fla Ave. **Sherlocke Homes,** 202-562-1105

OXON HILL
COLONIAL VILLAGE
888-583-3047
FREE UTILITIES
CLOSE TO SHOPPING AND METRO!
Call today for Rents & Specials!

OXON HILL EHO
SOUTHVIEW

- Balconies & Patio
- Modern Kitchen
- Free Shuttle Bus
- 2 swimming pools

877-316-6303

A Southern Management Community</

Classifieds

RENTALS

SouthEast D.C. \$750
Renovated 1-2 bdrms Apts
 400 50th St. \$750 - \$1050 we pay water & gas. Bus/Metro. Safe.
 • Call Sally @ (301) 593-6500
 Police Officers get 1/2 price!

SOUTHWEST EHO

EAGLE'S CROSSING

Parklike setting, Dishwasher, W/W carpet. W/I closets. Emergency Maint. Central Laundry facility.

202-561-7070

An E&G Community EHO
SPGFLD/Ashland Ct \$2300
 Great location. 4 BR, 2½ BA Colonial SFH w/walk-out bsmt, pvt backyard on quiet cul-de-sac. Call Mila, 703-304-0880

SPRINGFIELD—3BR, 2FBA 2HBA, end unit, fin bsmt, updt'd Kit & BA. New carp/paint. Convenient to VRE/Metro. \$1900/OBO 703-981-4493

ST. MARY'S—2/4BR house \$1650 & up. Call 301-325-6658

STERLING—3BR 2½BA Lux TH. 2100+ sf. 1 car gar. Comm. pool/tennis. \$1850/mo. Optional rent to own. 571-228-0082

SUITLAND/BRANCH AVE METRO 3BR 2½BA new applis, Frplc, deck. \$1700/mo 301-346-4083

SW—New TH, 3 BR, 3½ BA, 3 Lvl, 1 car gar. \$2200. Call Ola, 301-254-3810, Leeds Realty

SW—spac. 2-BR 1½-BA waterfront condo in much sought-after S.W. Close to shops, museums, & restaurants. Parking space incl. Utills incl. Cable incl. \$2200/mo. 202-498-4299

THOMAS CIRCLE—500 sq.ft. effcy w/pvt. balc., w/d, new cpt, 1 blk. fr. McPherson Sq. metro. \$1550+. ht. 202-408-0388/c. 202-607-0389

UPPER MARLBORO—2BR, 2 BA, 3 lvi. TH. Avl. 8/1. \$1700+. 202-746-5647

VIENNA, VA EHO

VIENNA PARK

- Park-like setting
- Wall-to-wall Carpet
- Enormous Balconies
- Huge living rooms
- Swimming pool
- Play areas
- Minutes to metro

877-316-6306

A Southern Management Community EHO

Washington DC AVALON AT FOXHALL

- Controlled access building
- Reserved garage parking w/elevator access
- Captivating Cathedral and park views
- Full-sized washers and dryers
- Outdoor rooftop swimming pool

CALL FOR SPECIALS: 866-723-1009
www.avalonfoxhall.com

WOODBRIDGE—New brick 5 BR, 3½ BA, 2 car gar SFH. Fin bsmt, Rent \$3800 or for sale \$670K. 210-889-3909

WOODLEY PK—Embassy Row, 4BR/4BA, state-of-the-art kitchen, high ceilings, marble FR, garage. Gracious grdn. \$5500. 202-255-8638

Your Job is Your Credit—Looking for a place? 301-772-7782.

ROOMMATES

BETHESDAProf, shr sunny contemp home. BR w/pvt BA. N/S. N/P. \$750 + 1/3 utills Rob 240-426-8757

BOWIE—Female, shr TH 1BR, kit, w/d. \$700 301-741-1028

CAP HEIGHTS/6411 Walker Mill Rd—Shr bsmt unit. CAC. Basic cable. Spacious. Quiet. \$175/wk. 202-270-7814

CAPITOL HEIGHTS—Rooms available. Private BA. Telephone. Spacious rooms. \$150-200/wk. 301-613-7465

CLARKSBURG—\$2200/mo. Brand new lux, spacious brick end-unit TH w/fin bsmt, detach 2-car gar & other amenities! 301-807-8265

FAIRFAX/CIRCLE TOWERS—MBR, pvt BA, share apt., \$600+ utills. Nr Dunn Loring Metro. Call 703-533-3744

FAIRFAX CITY—Furn Bedrms for rent. Share Bath. Kitchen & Laundry priv. Close to GMU. \$525/mo incl utills. 703-273-1220

FORT WASH—Furn rm for rent. Starting at \$100-200/wk. Beautiful home to shr. Bus/Metro Acces, All utills + cable includ. 301-219-3234 or 301-292-3679 lve message, we will return calls promptly.

FT WASH—Beaut. hse to shr w/1 rm, \$175-\$225/wk., incl utills & cable, acces to kit & FR. 703-296-3453

FT WASHIF—SFH fully furn Rm w/ refrig, microwave, CATV, free phone. \$175/wk + sec dep. 301-758-6424

GAINESVILLE—Lux lg hse to shr, pvt/BA. Kitc, w/d. CATV/int. \$495-\$780. Short mt OK. 703-474-2408

GEORGIA AVE/Walter Reed—Furnished room in 3BR SFH to share w/1. Quiet neighborhood. Walk to Takoma Park Metro! Great buslines! \$200/wk. 202-255-3664 or 202-459-3587

HYATTSVILLE/Dr PG Community College/Fedex Field Area—N/S f to shr TH. student welcome. Avail immed. \$450 incl utills + \$200 security dep. Call 301-520-6708

LANDOVER—\$550-\$700 4BR, 2/5BA, 301-613-0631
LANHAM—Rm in hse, 5 min/Metro. Prof N/S. \$125-\$135/week 240-645-2380. 8pm-11

LAUREL—Lge rm w/closet to sh in house, nice nghd, free ph+cable \$150/wk+utills. 301-776-0464

MANASSAS PARK—M/F to shr hse. 1BR \$500/mo incl utills. No smkg, prefer F. Avl Jun 15 703-368-7576

MITCHELLVILLE/BOWIE—Beautiful 3 lvi spacious TH, Lake Arbours, Fp, deck, FR, patio, 4BR, 2FBA, 2HBA, granite kit, avail 7/1. \$2195 Rent to own avail. 202-269-1894

NE/M PROF N/S—LG 4BR 2½BA hse to shr nr Ft Totten Metro. RM avl. All utills incl. Maid svc. \$750/mo. 202-494-3692

NW—1300 blk Irving St., furn. rm., cooking privs. \$200/wk. 202-265-4969

STERLING/CASCADES—2BRs avail in TH to shr. 1 priv BA & 2HBA. Close to shop. \$650/inc utills. 171-332-3293

TEMPLE HILLS—Prof. F N/S shr SFH, conv loc, \$700 incl utills. + sec. dep. Avl. immed. 301-449-8641

TYSONS/MCLEAN—Lux condo to shr. Beaut Rm w/priv BA. \$650+½utl, N smk Fn pets Avl 8/1 703-899-3309

WALDORF—Huge 4BR TH, 3 lvis., 3½BA. \$1850/mo. 202-359-2396

CONDOS FOR SALE

Alexandria \$310,000

OPEN SUN 1-3
 2 Bed 2 Bath 2 garage Spaces.
5911 Edsall Rd #PH14

Sonatta Camara 301-333-4444

Keller Williams

Alexandria/Park Center \$375,000

Unbelievable Price

For this elegant top floor 2BR/2BA condo with cathedral ceiling, fireplace, balcony, granite counters, stainless steel appliances, 2 garage spaces, pool, fitness center, party room, free shuttle to Pentagon City. NO condo fee through 2006. Call

Valerie Wilkinson 703-585-9271

Weichert, Realtors

ARL \$349,900

NEW LISTING

Lovely 2-BR 1-BA w/tons of charm. Quiet, secluded, & great loc. Lg. liv. rm. w/fpl., new kit. appls., new washer/dryer.

Geoff Schwartzman 703-915-8284

Weichert Realtors 703-821-8300

ARL N

SHORT WALK TO METRO!

Efficiencies from \$185K; 1 Bedroom from \$270K; 2BR from \$269,900

Marion Cloud 703-314-7033

RE/MAX ALLEGIANCE

ARLINGTON AT RIVER PLACE—Inventory is low, so we are selling our model. Check out the gorgeous renovations! In heart of Rosslyn, Lynn St. & Arlington Blvd. Also some 1BR's are still avail. Price range only \$195,000 to \$265,000. Call Harriet for info & to see. 703-447-3336. Landmark Realty Group

Arlington/Claarendon \$539,000

JUST LISTED

Steps to Market Commons & Courthouse yet tucked away in a quiet cul-de-sac 2BR/2BA condo with ample off street parking is a rarity. Pvt. patio, wood burning FPL, remodeled kit. & more. Open 1-4. Dir: From Claarendon Blvd, R. on Barton, L. on Fairfax, quick L. into Barton place to 2526 A N. Fairfax.

Valerie Wilkinson 703-585-9271

Weichert, Realtors

Arlington/Fairlington \$395,000

Reduced to the Ridiculous

Quick...come see this 3 level town home freshly painted in neutral tones, gleaming hwdw flrs, remod. kitchen & baths, lge mstr. suite, pvt. patio, steps to pool & tennis. Mins. to DC & Pentagon, walk to Shirlington. Open 1-4. Dir: From 395 exit King St. East, L. on Wakefield, cross 34th to 3304 St. Wakefield St.

Call Valerie Wilkinson (703)585-9271

Weichert, Realtors

Arlington/Fairlington \$410,000

Momma Says...

The 3 things you need to consider in buying a home are location & location. Popular Edgewood model with rarely found private location within Fairlington, extra large fenced patio & private front yard. Just reduced. Call **rie Wilkinson (703) 585-9271.**

Weichert, Realtors

FAIRFAX Just Reduced \$21K—Spac 2BR, 2BA condo, cls to Fair Lakes, rp, balc, lg BR, pool, More! Priced to sell. \$299K Open Sun. 1-4. 12904 B Grays Pointe Rd. Century 21, 240-426-8723

FALLS CH—3-BR 2-BA. 2906 Kings Chapel Rd. \$309,000. 703-675-0953

FALLS CHURCH

SHORT WALK TO METRO!

Like new 1 Bedrooms in Wilton House & Point at Jefferson Park From \$329,000

MARION CLOUD 703-314-7033

RE/MAX ALLEGIANCE

FREDERICKSBURG/ORANGE \$129,000

2 BR CONDOS (NO MONEY DOWN)

Payments as low as \$600.

Karen Rollings 301-774-0377 Re/Max

LAKE MONTICELLO/CHARLOTTESVILLE, VA

Beautiful land & home packages & 3BR, 2BA Condos from \$249,900. Call 1-800-344-8471.

LAUREL \$285,000

Lrg 2 lvi condo w/ loft, Cath ceiling, frplc, EIK, 2 balcs, 2 MBRS, roommate friendly. Great location. Jill, 301-646-4124. 240-494-2149. Fairfax Realty.

www.2hdb.com/pg6018530

MERRIFIELD—Luxury 1BR, 2 garage spaces, fireplace, Plasma TV across from Dunn Loring Metro. \$318,000 Jobin Realty Mary Ann Long. 703-909-6913

ROCKVILLE—2 BR, 2 FBA w/hdwd flrs & terrace. Great loc. Nr Metro & 270. \$299K. Call 301-343-4515

SIL SPG/PARKSIDE \$239,900-\$315,000

Beaut. 1 & 2-BR condos in lux hi rise bldg. w/all the bells & whistles. Karen Rollings

Re/Max 301-924-1414

WesleyHeights OPEN12-2 \$349K—ONLY GARDEN/PATIO 1BR APT facing POOL Marble BA.NewKit

Apps. Towers 4201 Cathedral #120E

Carol Harris REMAX 202-338-1996

HOUSES FOR SALE

A FREE DAILY LIST OF HOMES IN DC, MD, & VA

—for Sale w/Prices, Addresses & Descriptions. Visit www.Move4FreeRealty.com. Sarah Santa Ana

703-881-9333 FAIRFAX REALTY

ALEXANDRIA \$474,999

Detached, 2 lvi, 4BR 2½BA. Nr Spgfld & Van Dorn Metros. Tito, 571-722-2788.

REMAX ALLEGIANCE

ANNANDALE 439,000
 All brick TH. 3 BR, 3½ BA, new windows, floors, etc. Agent bonus. Buyer allowance. 4527 Airlie Way. 703-354-9794 dychiu@verizon.net

ARL N \$749,500

Elegant & gracious sun-filled, over-sized end-unit 3 bedroom, 2 full/2 half bath townhome with 2-car garage backing onto landscaped open area. Completely renovated, huge eat-in chef's kitchen with stainless steel appliances & granite. Newly renovated bathrooms with ceramic tile, granite & custom touches. 2 gas fireplaces with 1 in master bedroom. Gleaming hardwoods throughout. Balcony with circular staircase leading to private, flagstone patio with custom stone work. Perfection in a convenient & sought after Metro, restaurant & shopping-friendly location. **Open Sunday, June 18th from 1-4PM!** DIRS: From Ballston, North on Glebe, Left 21st Street, Left on Abingdon to 2051.

Mike Pugh 703-593-6320

Re/MAX Allegiance

www.MikesellsVirginia.com

ARLINGTON \$549,000

200 YARDS TO METRO!

Renov, lg yrd, front porch, hrwd flrs, come see! Dir: Ballston, West 66th to exit Sycamore St., L Sycamore St, pass Metro station to R 19th St, R 19th Road, to property.

Call Kit Brittan Re/MAX Allegiance

703-585-7227.

Arnold \$365,000

Priced to sell ASAP immediate occupancy

Beautiful contemporary 2 story home 3b 2bath updated HVAC, roof & cedar siding 2 story foyer Broadneck school system, well maintained manicured community HURRY

443-306-5050 Elizabeth Fitten

www.MDHomeListings.com

BELTSV—SFH rambler, lg corner lot, 3-BR 1½BA, ample prkg, h/w flrs under carpet, exc. loc. off Rt 1, price is right—needs a little work. Seller offering some closing, home warr'y. \$335,000. Call Angela N. Robinson 240-355-7460 (C), 301-794-9400 (O)

FAIRFAX REALTY

Beltsville—2,000 sq ft Near 495 & Route 1. Good rates. 301-595-2473

BETHANY BEACH/SEA COLONY

MILLION DOLLAR VIEW

Amazing 3BR, spectacular oceanfront, sleeps 8-12. \$2000-\$2500. Call for available dates. Debbie 240-388-6757

BOWIE \$249,000

2 lvi TH, 2 LG BR, 2½ BA, shows well, central air. Edward Cunningham, Exit Premier Realty, 301-669-0063 301-560-6700.

Bowie-Foxlake \$499,999

4BR 2.5BA minutes from Metro, Cap Blvd, Beltway. Brick front, 2car garage, MBR, full MBA, 2 walk-ins. New carpet 2nd floor. FR, LR, DR, Eat-in kitchen with island. Large deck. 2216 Arctic Fox. Jolan Baucum, ReMax 301-442-0405. 301-421-1114.

BOWIE—Renovated 3BR/2BA w/rec rm. Freshly painted. \$360,000. By appt only. Dion 301-821-6181

Exit Premier Realty 301-560-6700

Bowie/Rockledge \$399,900 12413 Rambling Ln

—4BR, 2BA colo on extra lge lot. Updated kit, new siding, windows & carpet. Lge fncd in back yd.

Tawana Warren 301-335-1446 Re/Max Specialists

BROOKLAND—Semi det. 3-BR 2½-BA, gar. TH. \$399K. Make offer. 1804 Irving St. NE 301-460-4273

BURTONSVILLE—2/3 BR home Zero Down Payment. Free recorded message. 800-231-7573 x86502

CATHARPIN \$699,900

4397 SANDERS LN, 7+ ac, pool, 3BR 2½BA rambler, Gourmet kit, hwdw flrs, 2 fps, deck, in-law/pool hse. Cheryl Kenny, 703-338-2980 Crossroads Realtors

CONGRESS HTS—\$290K, 2 units, semi-detached, 2BR/1BA, w/d, renovated! Open space & deck! Bsmtnt is 1 BR unit w/ w/d sep metered. 703-403-0748 Jobin Realty.

DISTRICT HEIGHTS \$275,000

100% FINANCING. 3BR, 3.5BA, Brick front TH, Fenced Bkyd, choose your own carpet. 240-286-4568

EXCITED! DELIGHTED! PLEASED!

join us for the Grand Opening of the FT Washington Branch of TrustBank Mortgage. There will be door prizes, free give-aways and much more! Representatives available for all your home financing and improvement needs. Don't Miss This Great Event! 12801 Old Fort Rd. (across from Potomac Village shopping center) 301-203-0611.

FAIRFAX-LORTON-OFF ROUTE 1—A Bargain- Lowest Price-brandnew, Luxury SF 5 BR 3.5 bath, Compare, Make Offer, Agents compensated

FOR SALE BY OWNER 703/495-0808

Fall Church City—Brk TH, 4 BR, 3½ BA. Excel prkg. Walk to Metro. Off bike path. \$594,500. 571-333-1946

FALLS CH/BAILEYS X-RDS—Ofc of about 450 sq ft w/recept. area + 2 pvt ofcs. Utills, pkg, & janitorial incl. \$700/mo. 703-898-7476 or 703-237-3808

FORECLOSURES!—ARLINGTON, FAIRFAX, LOUDOUN & PRINCE WILLIAM COUNTIES

FINANCE!Equal Opportunity Lender Rick FFX Realty 703-385-1832 (7425)

FT DUPONT PK—\$235,000 Semi-detached, 2BR/1½BA, fin bsmtnt, w/d, hw flrs, replacement wndws & doors. 703-403-0748 Jobin Realty.

FT. WASH—3 spac BRs, w/w carpeting, freshly painted, 2FB, CAC, unfn bsmt, quiet neighborhood, must see. \$355,000. Open House Sat. 9am-3pm., 2100 Powderhorn Dr. Call Mr. Jones, 240-305-9778.

FT WASHINGTON—Lovely 7 yr old split foyer, 4BR, 3BA, 1-car gar. Call Joyce Elam Re/MAX Allegiance 301-918-3441

GREAT FALLS reduced \$40,000

FSBO. 3-lvl ckt, compl. upgraded, .6 ac. corner lot, Langley HS. \$795,000.

Classifieds

LOTS & ACREAGE

**KING OF MTN!
3 STATE VIEWS
Potomac River Access**
This parcel has it all: top of the world, best of the best, easy access to level site. Only 15 mins. to Cumberland, MD. Ready to enjoy. 23+ acres only \$169,900! Special Summer financing. CALL TODAY TO SEE 1-800-888-1262
LOUISA COUNTY 26.7 ac tree-laden building site at Zion Crossroads, 2 hrs from Tysons Corner, 40 mins from Richmond. Perked. \$585,000. Call Roland at 1-800-296-3721 **ERA - Bill May Realty Co.**
**MTN. LAND BARGAIN
PERFECT SUNRISE VIEW
Gated/Private/Driveway In
SAVE THOUSANDS
20+ AC \$139,900**

Hardwood parcel. Very easy access to pristine site to build or camp. Mins. to stock trout lake. New perc. Close to Interstate. EZ financing. Only One! Call Now! 1-877-777-4837
ORANGE CO, VA
3.15 acs — 16 mi. to I95/Fredericksburg. Owner fin. avail. **R.J. Toomey Real Estate** www.toomey-land.com 804-353-2531
Urban, Virginia \$465,000
RARE - OFF CHESAPEAKE BAY
Deep waterfront parcel. Stunning wide views overlooking harbor & charming waterfront village of Urban, VA! Call or visit newstartllc.net/urb for details.

NEW START, LLC
757-282-2645

RESORT PROPERTIES

BETHANY BEACH—Fully furn., 4-BR hse, quiet wooded loc., large screened in porch, pool/tennis, a/c, W/D, shuttle to the beach, reduced rates. Avail. Jul-Aug. \$875-\$1075/wk. 301-345-1693
NORTH BETHANY, DELAWARE
Gorgeous brand new pond & wetland view, SBR, 4 1/2 BA, slips 14, \$3495/wk. 301-299-7960.

REAL ESTATE SERVICES

ARE YOU TIRED OF RENTING? Do you want to own? Bankruptcies, liens, judgements, foreclosures, we can help. **Call Berna Able at RE/MAX Alliance 703-649-0939**
FORECLOSURE SOLUTIONS—Relieve Debt; Avoid Foreclosure
www.SOSforeclosure.com
410-258-5621

READY TO SELL?—Our investors pay Cash for homes. **Karen Rollings, Re/Max, 301-924-1414**
**REAL ESTATE LOANS
FOR ANY REASON**
\$200K to \$100Mil. Stated & no Doc loan. Investor programs available. Call AJ, 240-533-7427
**SELLING OR BUYING A HOME
SO DOWN PAYMENT**

Call Wilene 240-274-7510
Re/Max 2000 301-592-0200
WE DO REFI LOANS NO ONE ELSE CAN
We accept scores below 500 and do unique deals. All situations considered for residential real estate refinancing w/equity. We save homes from foreclosure, bankruptcies & payoff high debt.
Call 240-314-0319.

COMMERCIAL REAL ESTATE

1717 K St, NW.—Office intelligently: On demand offices, phone, mail, Internet, incubator, business seminars, other svcs. Plans \$45-\$200/mo. Call OSI, 202-508-3896 to learn more.
FLORIDA—invest in West Palm Beach Florida. Condos from the \$100's. 5 mins away from the beach 786-554-2201
HOME BUYERS—Would you like to buy a home w/zero downpayments & seller paying all your closing cost? Call Zeleka 703-856-3925 Fairfax Realty Inc
NW/DOWNTOWN—Warehouse office, 3000 sq ft, overhead door, conv. Convention Center, subway, ideal ops center/courier, delivery, service provider. 202-289-4909
OWNER FINANCE—3BDR, 2 BTH Home, MD/DC/VA. Bad Credit OK! Call 301 420-5183

WeekendPass performs. Thursday.

Get fit

Tuesdays in Express

A weekly section about how to look and feel and be your best.

express

A publication of The Washington Post

fit is... health | fitness | nutrition | grooming | beauty | fashion | relationships | and much more

XX142c 2x2

WHEELS

ACURA '03 RSX—Auto, 53k, White, AM/FM, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$14000 OBO 571-521-1070
ACURA '94 Legend—Auto, 129k mi, metallic Green, AM/FM, CD, Insp, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, \$5800, 202-375-1869
AUDI '03 TT—Roadster, Automatic, 58k mi, Gray, \$6700, 904-282-4872, tibb_r@yahoo.com
CAD '92 DeVille—Auto, 78k mi, grey, \$2200, obo. exec cond. runs great WON'T LAST 202-997-5272
CHEVY '05 COBALT—Auto, all pwr, remote entry, cd, nice drk blue, like brand new. 13K mi, \$9995 703-989-2470.
DELOREAN—'81 stainless steel, blk lthr int., gullwing doors, 5-sp, a/c, am/fm/CD, 14,500 mi., exc. cond., \$21,000. 540-972-6272
FORD '02 Escort ZX2—5 spd, 19k mi, White, AM/FM, Cassette, CD, Insp, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$7500, 703-931-5452
HD - '04 Road King Custom. 5000 miles. Hydraulic clutch. Road Tech Radio. Oil Cooler. Adj. Windshld. Lowered. Single & Dbl seats. Cruise Control. Passing lights. \$17,000/obo. See pix @ www.designcorp.com/moto; Dan, 301-399-5775
HONDA '05 Civic—Auto, 19K, Silver, AM/FM, CD, PW/PDL, PS, ABS, Cruise, \$12750, 240-273-8336
HONDA '04 Civic Hybrid—32k mi, Silver, 1 owner, excellent condition, \$17500, 202-641-4768 or see www.sinderson.com for more info
HONDA '01 Accord—Accord V6, EX, 1st OWNER, FULLY LOADED, Auto, 101k mi (mostly highway), Black, non-smoker, leather, 6CD, Snrf, PW/PL/PS, Records kept. \$9600/obo. —703-944-2464
HYUNDAI '04 ELANTRA—16K mi. Excel cond, am/fm/CD, \$9900. Call Rob 240-426-8757
JAGUAR '00 S-TYPE—Loaded, Saphire Blue. Good cond, Md insp, \$13,500/OBO. 301-293-1083
JEEP '06 Wrangler—6 spd, 4k mi, black, AM/FM, CD, Insp, AC, Alloys, Tilt, \$19500, 703-875-3130
MITSUBISHI '00 ECLIPSE GT—Auto, V6, 72k mi. leather, sunroof, cd player, spoiler, new tires, 2nd owner \$6,990, 703-989-9912

TITLE, LIEN RELEASE SERVICE
NO JOB TOO SMALL OR BIG. I also specialize in Lost Titles. Call 202-277-6135
TOYOTA '04 Highlander—Auto, 22k mi, royal blue, AM/FM, CD, Snrf, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$17,900. 301-773-9733
TOYOTA '03 Corolla—Auto, 53k mi, White, AM/FM, CD, AC, PW/PDL, PS, ABS, Alloys, \$6900, 301-685-6749
TOYOTA '97 CAMRY LE—Alloy wheels, pwr wind/lcks/sunroof, auto, am/fm/CD, 100K. \$5,400/obo. 202-277-4134
TRIUMPH—'80 SPITFIRE conv, new paint/int, excel cond. 30k orig mi, ask \$5,500. 301-649-6172
VOLVO '04 XC70 AWD—Auto, 18k mi, Black, AM/FM, Cassette, CD, Insp, Snrf, Mnr, AC, PW/PDL, PS, ABS, Alloys, Cruise, Tilt, \$30499, 703-243-3304
VOLVO '88 240—5 spd manual, 212k mi, Silver/Blue, new AM/FM/CD, Insp, AC, PS/PB, \$1000/obo. 1 owner. Good cond. 301-881-1913
VW '91 GTI—5 spd, 162k mi, Blue, Snrf, \$1500 As-is (O2sensor?) 240-388-0813/lv mssg

62 WANTED

100 Good People With Bad Credit

• None Established • Bankruptcies • Judgments • Charge Offs • Repossessions • Tax Liens

New Test Program For Automobile Financing Special Allocation of Funds

NEED A CAR - CALL NOW

Call Mr. Samuals Today • Toll Free 888-241-2121

Laurel Kia Used Cars & Trucks

X143b 1x5

BOATS AND AVIATION

SEARAY '00—2000 SeaRay 310 Sundancer, —Less than 200 hours, Westerbeke Generator, Raytheon GPS and Chartplotter, Twin Mercruiser Engines, Camper Canvas full enclosure, Excellent Condition Mechanic Maintained, \$85,900 - Call 410-757-5674. —
WELLCRAFT '88 ARUBA BOAT AND TRAILER /AND 1994 TRUCK SUBURBAN MODEL 2500 \$12,000 FOR BOTH Excellent condition sleeps 4-6 many extras 350 mercruiser engine gps system, fish-finder dry storage paid til dec-2006 call for more details \$12000, 240-463-8110

WeekendPass makes the weekend perform.
Every Thursday in Express.

play su do ku

TOP STOPS

Get our take
on best bets for
local entertainment
and fun things
to do tonight.

readexpress.com

LEARN ARABIC
AT YOUR OWN PACE

Georgetown University Press
is the proud publisher of the
Al-Kitaab language learning
program and many other
Arabic language resources.

- DICTIONARIES
- REFERENCE GRAMMARS
- MULTIMEDIA
- TEXTBOOKS

Learn more at www.press.georgetown.edu/special
GEORGETOWN UNIVERSITY PRESS
Available at your local bookstore or
order online at www.press.georgetown.edu

Stratford
UNIVERSITY
School of Computer Information Systems
School of Business Administration
School of Culinary Arts and Hospitality*
School of Graduate Studies*

Call to enroll:
1-800-7-my-goal
(1-800-769-4625)
www.stratford.edu

Stratford offers Undergraduate, Graduate and Online Degrees.
The American Dream Starts Here!
Tysons Corner Campus 7777 Leesburg Pike
Falls Church, Virginia 22043
Woodbridge Campus 13576 Minnieville Road
Woodbridge, Virginia 22192
*Available Only At Tysons Corner Campus

X120f 1x12

LOOK out

* TRENDS, CULTURE, DISCOVERIES, IDEAS, PEOPLE

INSIDE

Style and color compete on the field | **35**



Blog Bits: The flip-flop debate won't die | **36**

For Keeps: Nicole and Keith prep to wed | **38**

Agriculture

Eastern Shore co-op banks on homegrown snacks to save fields

Amid the locally grown strawberries, sweet peas and asparagus at Shore Good Produce in Queen Anne's County, Md., is a little rack of snack foods that may be as important to local farmers as the fresh fruits and vegetables.

They don't look like much — just little blue bags of soy snacks and some flavored popcorn. But the Chesapeake Fields snacks are a crucial experiment aimed at keeping the pastoral countryside free from subdivisions and strip malls.

Here's how the operation works: Farmers on the Eastern Shore grow wheat, corn, soy and other commodity crops to sell to the Chestertown-based snack food company. Then Chesapeake Fields turns the crops into artisanal breads and nutritional snacks such as flavored soybean chips. About half the profits go back to the 33 participating farmers. The growers get a bigger share than they'd get from the commodities market, so they're making more money and becoming less inclined to sell their land to developers.

Sounds like a complicated business model, but so far the Chesapeake Fields brand is holding its own.

"It definitely tastes good — better than it looks," said Cathy Miller, an employee at the produce shop who said sales of the snacks are brisk.

The breads were launched less than two years ago, with eight varieties. Now the company markets 45 different kinds. Customers include the Tidewater Inn in Easton and the Hyatt Regency resort in Cambridge, plus restaurants as far away as Philadelphia and the western shore of the Chesapeake Bay.

The soybean snacks and fla-



FIELDS OF DREAMS: Chesapeake Fields Farmers LLC has hopes of staving off development on the Eastern Shore by making snacks out of crops grown in Maryland.



Farmers' Market

vored popcorn are on sale at 100 retail locations. Chesapeake Fields recently got a contract to sell the soybean snacks to a company in Taiwan, and the company is eyeing land in Kent County for a factory and agritourism site.

Less than five years after it was conceived by a county extension agent, the homegrown snack food company may play a meaningful role in the viability of Eastern Shore farming.

"I liked the idea of having your destiny in your hands instead of taking what they give you," said Jim Miller, who grows corn, soybeans, wheat, hay and barley in Kent County.

"I liked the idea of having your destiny in your hands instead of taking what they give you."

JIM MILLER
KENT COUNTY FARMER

Miller said he's already been approached by developers interested in buying his land, which makes him just the sort of farmer Chesapeake Fields is aiming to recruit.

The company is divided into three parts: a farming co-op, a

for-profit food sales branch and a research arm that looks for better crops for farmers. All three branches benefit from Chesapeake Fields sales.

The goal is to boost profits among area farmers, plus raise awareness amid nonfarming neighbors about the importance of preserving agricultural land.

Farmers aren't the only ones who benefit from a healthy agriculture industry. Chesapeake Fields' Joseph Bauer said the company is also an experiment in how to keep a pastoral atmosphere on the Eastern Shore.

"If we can have the farmer in a more positive cash flow position, they're much less likely to sell for

development," he said.

For now, the breads and snacks are processed in a southern New Jersey factory, but Bauer said the company plans to open a factory near Chestertown. The site would be built for tours, so school groups could see how wheat becomes a loaf of bread and how soybeans turn into snacks that look like potato chips.

"It's really nice to go out and see some bread that could've been wheat out of our fields," Miller said. "Most farmers, they don't have to make a million dollars every year and belong to a country club and get a yacht. You just want to make a decent living as a commodity farmer." KRISTEN WYATT (AP)

Risky Business

Security

Companies look for protection against the theft of laptops

Reports of data theft often conjure up images of malicious hackers breaking into remote databases and filching Social Security numbers, credit card records and other personal information.

But often, the scenario is much simpler: A careless worker at a company with weak security falls prey to a low-tech thug who runs off with a laptop loaded with private data.

In the biggest case, the Department of Veterans Affairs recently lost data on 26.5 million veterans and military personnel stored on a laptop and external drive stolen from the suburban Washington home of a VA employee.

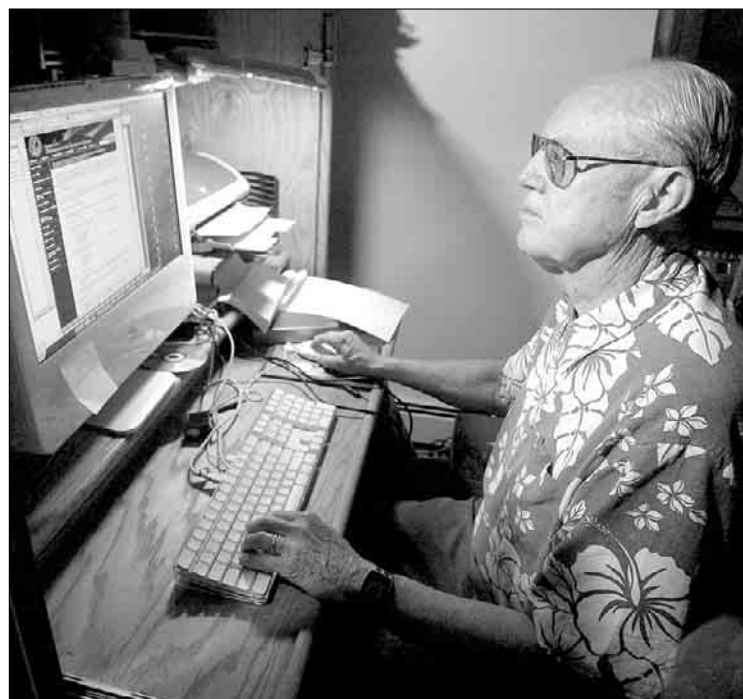
Security experts and some privacy groups say simple measures

“If thieves read the newspaper, they can readily figure out that they have got more than just a piece of hardware.”

BETH GIVENS
PRIVACY RIGHTS CLEARINGHOUSE

could protect data if a laptop falls into nefarious hands. They include encrypting the information so it's nearly impossible to access without the correct credentials.

“It is shocking how many of these are stolen laptops and the fact that the users of the laptops did not use encryption to secure the data,” Beth Givens, director of the Privacy Rights Clearinghouse, said of recent data losses. “If thieves read the newspaper, they can readily figure out that they have got more than just a piece of hardware.”



August Woerner, a World War II veteran, is concerned over the theft of a VA laptop.

A variety of encryption tools are available, including software as well as specialized chips. But many people are reluctant to use them because

losing the key can make it hard to access data and the programs can slow down the process, said Alan Paller, director of research at the

SANS Institute, a computer-security organization in Bethesda.

That should change as computer manufacturers start selling laptops with encryption built in. Microsoft's Windows Vista, due out later this year for businesses and early next year for consumers, will allow users to encrypt all their data.

The VA plans to recall every laptop to make sure the security programs are current. The data on the stolen laptop were in a form difficult for an outsider to use, and authorities believe thieves may have erased the information before selling the hardware.

But that doesn't satisfy August Woerner, an 80-year-old World War II veteran from Westerly, R.I. He received a letter from the VA saying his data may be on the laptop because of a claim he filed several years ago at a VA medical center.

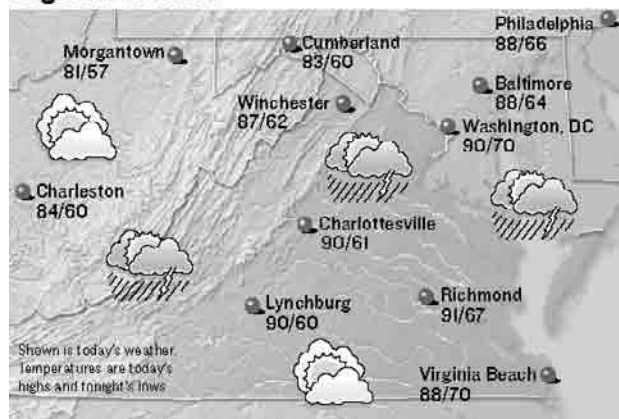
Woerner takes every precaution he can to shield personal information — he checks his credit rating online regularly, shreds financial documents and monitors the balance of his credit card nearly every day. Despite his diligence, he is convinced someone will steal his identity soon.

“I do the best I can, but I can't very well fight this theft,” said Woerner. “That data should not be readily available by someone simply walking it out of a building.” STEPHEN MANNING (AP)

5 Day Forecast for the Washington Area

Today	Tonight	Wednesday	Thursday	Friday	Saturday
Partly sunny, a thunderstorm	Becoming clear	Mostly sunny, very warm	A thundershower possible	A thundershower possible	A thundershower possible
90°	70°	89° / 72°	91° / 72°	86° / 70°	83° / 69°

Regional Weather



Forecasts and graphics provided by AccuWeather, Inc. ©2006

Almanac

Washington, D.C., through 4 p.m. Mon.

Temperature

High	89°
Low	71°
Normal high	85°
Normal low	66°
Average humidity	58%

Precipitation

24 hours ending 4 p.m.	0.00"
Month to date	0.63"
Normal month to date	1.99"
Year to date	11.70"
Last year to date	20.08"
Normal year to date	18.02"

For up-to-the-minute weather, see:
washingtonpost.com/weather

Regional Forecast

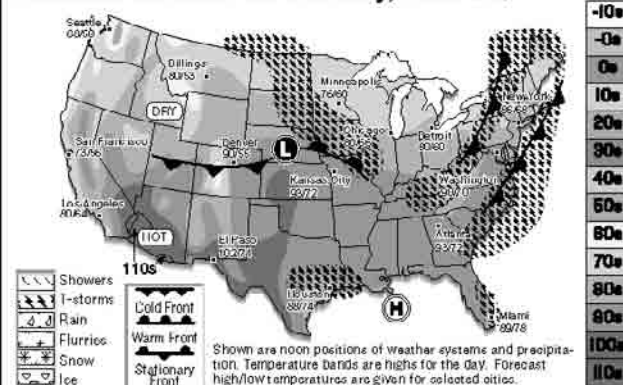
D.C. Metro: Today, partly sunny, a thunderstorm in spots, warm. High 90. Winds west 6-12 mph. Tonight, becoming clear. Low 69.

Sun and Moon

Sunrise today	5:43 a.m.
Sunset tonight	8:37 p.m.
Moonrise today	1:57 a.m.
Moonset today	3:37 p.m.

	New	First	Full	Last
June 25				
July 3				
July 10				
July 17				

National Weather for Tuesday, June 20



National Cities

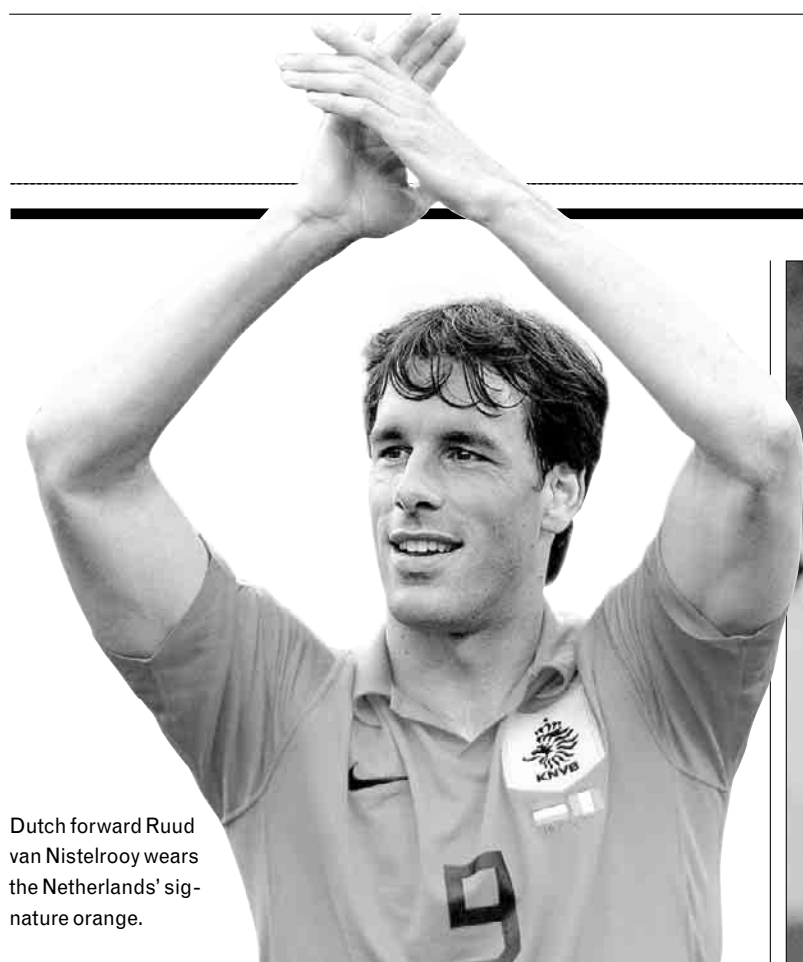
City	Today	Wed.
Atlanta	93/72/pc	93/74/s
Boston	84/65/t	82/62/s
Chicago	80/66/t	88/68/t
Dallas	94/74/pc	92/74/pc
Denver	90/55/t	84/54/t
Honolulu	87/76/s	87/75/s
Los Angeles	80/64/pc	80/64/pc
Miami	89/78/t	89/78/pc
New York City	86/68/t	84/68/e
Orlando	92/74/t	92/74/t
Seattle	68/50/pc	70/52/pc

World Cities

City	Today	Wed.
Amsterdam	72/60/pc	67/54/sh
Athens	88/68/s	90/68/s
Berlin	82/62/t	86/62/pc
Buenos Aires	59/43/c	61/45/pc
Calgary	66/47/t	66/45/pc
Dublin	61/48/t	59/46/c
Geneva	82/68/t	85/60/t
Moscow	82/56/s	83/61/pc
Rome	86/64/s	88/62/s
Sydney	60/50/sh	59/52/sh
Tokyo	77/68/pc	79/71/t

s=sunny, pc=partly cloudy, c=cloudy, sh=showers, t=thundershowers, r=rain, sf=snow flurries, sr=snow, h=ice

Styles | LOOK^{*}out



Dutch forward Ruud van Nistelrooy wears the Netherlands' signature orange.

Winning Looks



World Cup fashions attempt to blind the opposition with style

World Cup team uniforms — “kits” as they’re called in most of the soccer-loving world — are not just a sideline topic. They are the face of a nation, and perhaps even a tactical tool as well.

Carefully designed for the quadrennial event by huge athletic-wear companies like Nike, Adidas and Puma, the soccer players’ sleek jerseys have been easily adopted by fans off the field as both fashion and patriotic statements. On the field, some say, the uniforms’ fabric, design and color can give a team a subtle edge.

So who’s got a winning design? Check out the third-ranked Netherlands, said Leatrice Eiseman, director of the Pantone Color Institute, a color research and information center. The Dutch jerseys

prominently feature both orange and a touch of blue, a good juxtaposition of cool and warm, Eiseman said. The blue radiates confidence and consistency, while there’s a fire to orange.

The Dutch are playing in outfits designed by Nike, which created jerseys for eight countries. The “home” orange jersey was inspired by the 1959 national team design, and it gets fashion kudos for being the only one in the tournament with a trend-right polo collar. The design for the white “away” jerseys with diagonal orange and blue stripes dates back to 1905, when the first national team shirt debuted. (All teams have two uniform designs.)

History, more so than psychology, played a role in several designs: The Dutch home jersey has a shield behind the team’s crest in a baby blue color that was used in ’59. And for the Brazilian home jersey, Nike returned to a softer, more traditional Brazilian yellow instead of the cit-



South Korea's Park Ji-Sung celebrates after scoring a goal in the team's game against France on Sunday. Red uniforms connote power, say color researchers.

rus shade that was featured on the jerseys for the 2002 World Cup.

The Americans wanted a jersey that was bold and iconic, which isn’t dissimilar to what the team always asks for, Hudson said. But there was a collective decision made to make it cleaner and more sophisticated than in the past. The stripes in the American jerseys and socks pay homage to the uniforms the U.S. wore in its surprise upset of England in the 1950 World Cup. Plus, the shape of the shirt is more fitted, which gives it a different language on the field, he adds. “It can be a performance advantage, too.

There’s less chance for an opponent to grab you.”

What will likely carry over beyond the soccer tournament? Nylon shorts replacing tighter knit ones at the gym and the nylon pull-over pushing aside the hoodie, predicts Tom Julian, senior vice president of trends at ad agency McCann Erickson.

“There’s a lifestyle factor here,” Julian adds. “The whole soccer demeanor fits in with the fashion person who shops at H&M or Zara, but also the collegiate who shops at J.Crew and Abercrombie.”

SAMANTHA CRITCHELL (AP)

Beauty

Coming Out Party

Should you find Paris Hilton to be an aspirational figure, you may want to douse yourself with TARTÉ’S

CELEBUTANTE (\$28, Sephora), which floats and moves in its faceted bottle like some sort of science experiment. (Hypothesis: Shimmer is denser than oil.)

A spritz of the stuff imparts coffee-ice-cream color and dramatic sparkles, though both almost disappeared when rubbed in. When worn for a night on the town, companions didn’t comment on the glimmery sheen, but the product could well be more attention-grabbing on a sunny summer day. STEPHANIE JONES



Beauty



Line 'Em Up

If you’re looking for over-the-top dramatic eyes, **MAC FLUIDLINE** (\$14.50, maccosmetics.com) is the liner for you. The rich formula glides onto lids with the help of a stiff eyeliner brush (not included). It may take some practice to get the technique right, but when you do, you’ve got a dramatic, long-lasting finish. The new colors, especially Haunting — a purple that especially highlights brown eyes — and Delphic, a bright turquoise with a silver shimmer (not very work-appropriate, but ideal for an out-on-the-town summer night) are worth a stop by your nearest counter. KRISTEN PAGE-KIRBY (EXPRESS)

LOOK^{out} Online



from readexpress.com

New Condo Characters

SILVER SPRING | When architects come up with design renderings for proposed condo and office developments, they seem to choose the same generic clip-art people to make their proposal come alive. In this group are, among others, “man with briefcase” and “interracial group of friends.”

Up at **SILVER SPRING**’s Galaxy condos, it seems that a few new characters have been introduced, according to **SILVERSPRINGSINGULAR.BLOGSPOT.COM**:

“This family looks like they are fleeing something in terror. The mother appears to be in shock. Maybe she just visited the sales office and saw the prices for two-bedroom condos. Perhaps the guy

in the suit is the sales rep chasing her, desperate for a sale.”

Also in this group of pedestrian clip-art people is a guy who appears to have “an übercool cassette Walkman.” It must be back to the future at the Galaxy.

MICHAEL GRASS (EXPRESS)

Record Ridership on Friday

On Friday, Metro saw another record-setting day in ridership, with 783,093 trips taken — the seventh-highest for a weekday in its history.

According to an announcement from the transit agency, it’s unusual for Metro to have high ridership on a Friday. The sold-out Nationals game at RFK Stadium likely had



JULIA EWANITWP

Would you wear open-toed footwear to the office, even if you have perfect feet?

something to do with it. Combined with Metrobus ridership, about 1.2 million trips were taken on public transit. M.G.

Flip-Flops: Fashion Faux Pas?

Blogger **STERFANIE.BLOGSPOT.COM** has decided that it’s OK to mix her pro-

fessional life with open-toed footwear (sparkle-strap flip-flops from Target): “... I decided, in the emerging heat of summer (which has an inverse relationship to the amount ... I EVEN CARE what I’m wearing, so long as it’s comfy), that my **DRESSIER TARGET FLIP-FLOPS** were perfectly acceptable for a professional look.”

But this is a controversial subject. As The Post’s Pulitzer Prize-winning fashion critic **ROBIN GIVHAN** has written: “Do not make flip-flops into something they are not.”

What do you think? Are flip-flops OK for the office? Send Free Ride a comment at **COMMENTS@READEXPRESS.COM**.

→ Coming up today

The U.S. and Iran have long had a rocky relationship, but Tehran is not without diplomatic representation in Washington, even without a formal embassy. Do you know what/where the local Iranian Interests Section is? What about Taiwan, Libya or North Korea?

? Poll Center

TODAY’S QUESTION

Should Saddam Hussein get the death penalty?

1. Yes
2. No

YESTERDAY’S RESULTS

Are employers doing enough to protect workers’ ID info?

NO 88% **YES** 12%

As of 5:30 p.m. Monday. Not a scientific poll.

GIVE YOUR OPINION ON TODAY’S POLL QUESTION AND GET STATION-BY-STATION RESULTS SHOWING HOW YOUR FELLOW METRORAIL COMMUTERS VOTED AT **READEXPRESS.COM/POLLCENTER.PHP**



GREATWHITESNAKE.TYEPAD.COM REACTS TO NEWS THAT CHOCOLATE MAKER NESTLE IS BUYING JENNY CRAIG, THE WEIGHT-LOSS COMPANY.

“If you can’t beat the enemy, buy it out. ... And the entire cycle of dieting will now be served by a single company.”

Murphy’s Laundry Law

“Today I’m not wearing underwear and I kid you not, I was almost sideswiped at least six times on my way to work. Damn Murphy and his damn law. And damn the Scary Scary Laundromat Man. And damn my house and its lack of a washing machine.”

GREEN-CANARY.BLOGSPOT.COM RELATES A STORY OF TRYING TO WASH HIS CLOTHES AT A SUBURBAN MARYLAND LAUNDROMAT.



Front Door Service

“You know you’re in an ‘up and coming’ neighborhood when the free clinic van parks in front of your building. ... The bright side? I know I’m not pregnant.”

ROCKCREEKRAMBLER.COM IS ADJUSTING TO LIFE WITH NEEDED SERVICES NEXT DOOR. AT LEAST THERE’S PARKING...

Guard Your Car

“... [I]f you are the owner of a shiny new car that any little teen hoodlum would be happy to ride around in and it is an automatic, get a club. Yeah, that ugly thing that goes on your steering wheel. There are some guys who want to steal your car.”

INSHAW.COM/BLOG SENDS OUT A PUBLIC SERVICE ANNOUNCEMENT ABOUT CAR-THEFT PREVENTION.

Wal-Mart to Dive Into Organic Food

“There are numerous reasons to be optimistic, and just as many or more to be deeply troubled by the idea that Wal-Mart is going to make its mark — and a mark it will make — on the organic food movement.”

HONESTHUMAN.COM ON AN ANNOUNCEMENT BY THE NATION’S LARGEST RETAILER THAT IT’S GETTING CRUNCHY TO CASH IN ON THE INCREASING POPULARITY OF “CERTIFIED ORGANIC.”

Live Online

DR. GRIDLOCK was online Monday for his final discussion on traffic and transportation in D.C. before retiring from the Post at **washingtonpost.com/liveonline**.

What exactly is the construction going on to Independence Ave. south of The Mall that is taking months to complete? Is it just repaving?

Curbs, gutters, sidewalks, storm sewers and a complete rebuilding of the road. Scheduled completion: this Fall.

Does D.C. have any plans in the works for a direct connection between the Anacostia and SE/SW Freeways. I know plans for a new bridge over the Anacostia were scrapped.

Yes. It is the reconfigured 11th Street Bridge, which will allow direct connections between 395-295. Work is to start in 2007 and be completed in 2009.

Based on what you know about the region’s commuter woes, if you worked in downtown D.C. (20th and M Streets), where outside of the District but in the “inner suburbs” would you choose to live, to have the easiest commute?

End to Gridlock

Arlington, alongside the Blue or Orange Metro lines. I should say, Arlington — if you can afford it.

It’s your last chat, so I’ve got to ask an oldie-but-a-goodie: When the heck will they expand 66 inside the Beltway?

The only expansion I’ve heard of is by one lane, westbound, inside the Beltway. Gov. Timothy Kaine promised it during the last election. All the rest of it is not going to happen.

I think it was comedian George Carlin who said it best: “Anyone driving faster than me is reckless, and anyone driving slower than me is an idiot”

I like that.

→ Today on Live Online

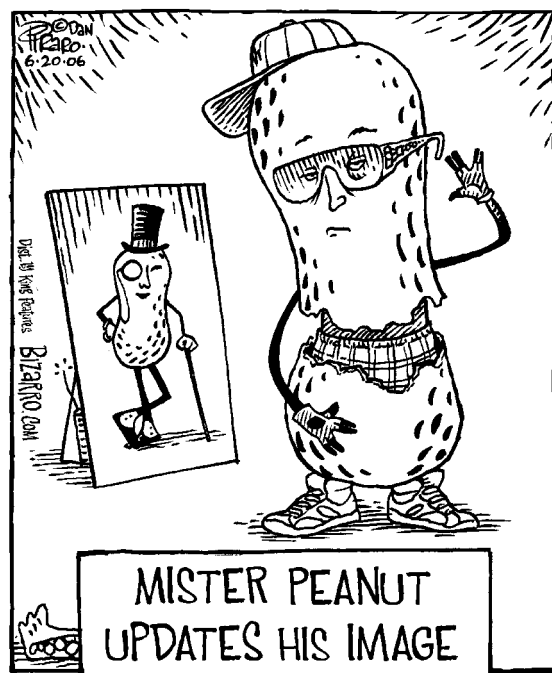
2 P.M.: WTOP political commentator Mark Plotkin takes your questions on local politics — from D.C. to Virginia to Maryland.

3 P.M.: Bill Buford fields questions on his new book, “Heat,” about his year working in Mario Batali’s famed restaurant, Babbo.

DON'T

DENY THAT CATS ARE FUNDAMENTALLY EVIL. After all, what further proof do you need than kitties who are spitting images of Adolf Hitler? Check out the diabolically upper-lipped cats at **hitlercats.motime.com** and send in your own Fuhrer feline pics.

Bizarro | Dan Piraro

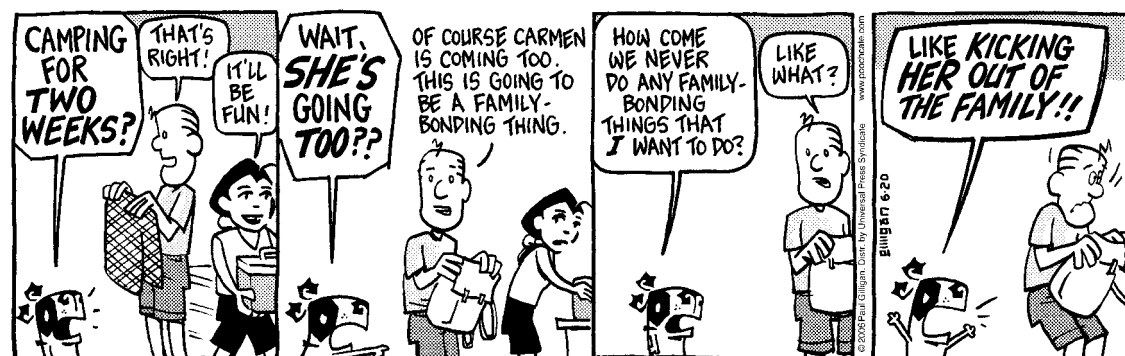


Cornered | Mike Baldwin

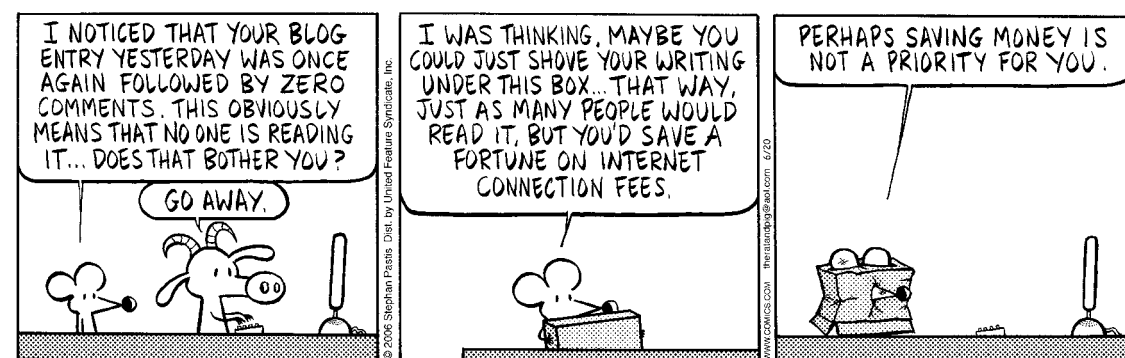


The search for a new advice columnist continues.

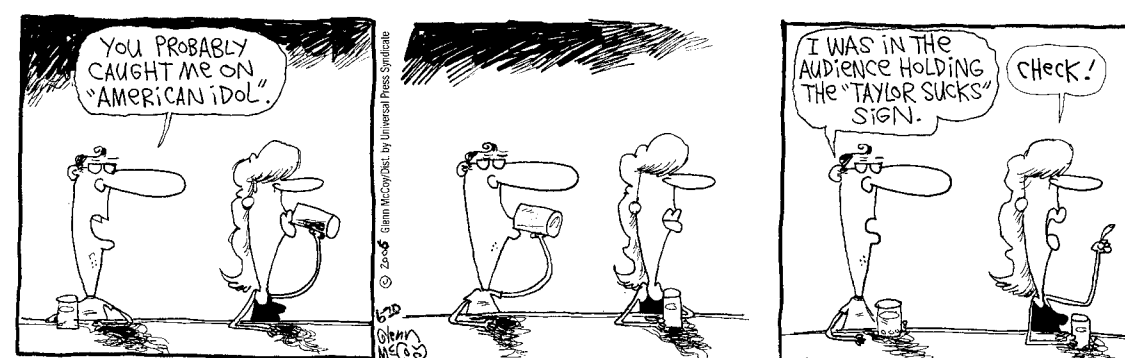
Pooch Cafe | Paul Gilligan



Pearls Before Swine | Stephan Pastis



The Duplex | Glenn McCoy



Horoscope

By Stella Wilder

GEMINI (May 21-June 20) Your manner may take some people by surprise, but there is no need to behave in any way that doesn't come naturally at this time.

CANCER (June 21-July 22) An early start does not necessarily mean an early finish — but at least you'll be able to get more done throughout the day.

LEO (July 23-Aug. 22) Someone may be wondering why he or she has not been included — and, indeed, you've recently made an important oversight.

VIRGO (Aug. 23-Sept. 22) The promise of something better in the future is likely to see you through a difficult time. Keep your eyes open, looking forward.

LIBRA (Sept. 23-Oct. 22) This day may take you places you never expected to go — and be prepared to modify your behavior accordingly.

SCORPIO (Oct. 23-Nov. 21) Your own leadership qualities may be holding you back, as you find yourself current-

ly incapable of admitting that you may be in error.

SAGITTARIUS (Nov. 22-Dec. 21) A refusal may come to you from above, much to your surprise. It is important you maintain your enthusiasm for your own current efforts.

CAPRICORN (Dec. 22-Jan. 19) Not every look and every style is for you. Be sure you make the impression that can best serve you in all situations.

AQUARIUS (Jan. 20-Feb. 18) You may be called upon to say a bit more than usual regarding important issues that have remained unresolved for too long.

PISCES (Feb. 19-March 20) You may be surprised to receive invaluable assistance from someone who has only been in the background lately.

ARIES (March 21-April 19) You may find yourself waiting and waiting — even though you're not sure what it is you are waiting for at this time.

TAURUS (April 20-May 20) Don't expect too much — or any of the wrong things — from a purely social situation. Sit back, relax, go along for the ride.

Letters

Good Start for Metro Chief

I JUST WANTED TO TAKE THE TIME to rebut others' comments about Dan Tangherlini. Personally, I have noticed marked improvements in Metro since he took the helm. The most noticeable change is the fact

that for the first time since I moved here 25 years ago with my family, you can actually understand what the train driver is saying. Another significant change is the drastic reduction of delays. It seems that Mr. Tangherlini actually cares what the customers think (unlike the previous managers).

—KEVIN C. TURNER
Burke, Va.

WRITE TO EXPRESS: Include name, hometown and telephone number. Submissions may be edited. E-mail to inbox@readexpress.com or mail to Express Letters, PO Box 17370, Arlington, VA 22216.

Today in History

1756 A group of British soldiers was imprisoned in India in a suffocating cell that gained notoriety as the "Black Hole of Calcutta," most died.

1943 Race-related rioting erupted in Detroit; federal troops were sent in two days later to quell the violence that resulted in more than 30 deaths.

1947 Benjamin "Bugsy" Siegel was shot dead at the Beverly Hills, Calif., mansion of his girlfriend, Virginia Hill, apparently at the order of mob associates.



Andrea Yates is to go on trial again for the alleged murder of her children.

1979 ABC News correspondent Bill Stewart was shot to death in Managua, Nicaragua.

2001 Houston resident Andrea Yates drowned her five children in the family bathtub, then called police.



Britney doesn't need a second baby!

OPPRESSED KIDS

Maybe They Can Adopt Britney Spears' Next Baby

ANGELINA JOLIE and **BRAD PITT** are planning to adopt their fourth child, Jolie said in an interview airing Tuesday on CNN's "Anderson Cooper 360." "We don't know which country," she said. "It's gonna be the balance of what would be best for Mad and for Z right now." Their children are Maddox, Zahara and newborn Shiloh. (AP)

FUN-SPOILER

Pete Continues to Pioneer Drug-Law Reinterpretation

PETE DOHERTY was fined \$1,900 after police found traces of cocaine in his blood following a performance by his rock band at the Hultsfred music festival in Sweden. Police detained the 27-year-old Babyshambles frontman after the concert because "he showed signs of being under the influence of narcotics," said Ulf Karlsson, a police spokesman in the city of Kalmar. Doherty was fined and released. (AP)



JOY

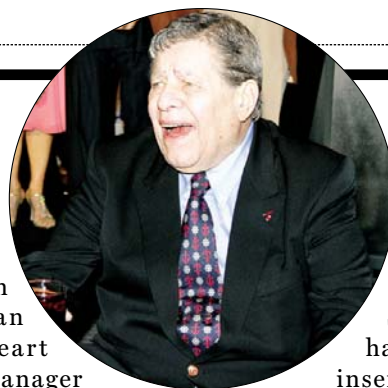
Gettin' Hitched

NICOLE KIDMAN and fiancé **KEITH URBAN** came home to Australia on Monday to be married, they said in a statement. "We have come home to celebrate our wedding with our family and friends," they said. Australian media have widely speculated that Kidman, who will be 39 on Tuesday, and Urban, 38, will wed June 25 at a Catholic church in a northern Sydney suburb close to where Kidman attended high school. (AP)

RECOVERING

Lewis Doing Well After Heart Attack

JERRY LEWIS is recuperating on his boat in San Diego after heart surgery, his manager said Monday. "He's recovering and already working on the telethon," his longtime manager, Claudia Marghilano, said about Lewis' benefit for the Muscular Dystrophy Association. Lewis, 80,



No ailing ticker can stop Jerry's 2006 telethon.

was released from a hospital Saturday after having surgery to insert a stent in an artery following a June 11 heart attack, she said. Plans are still going ahead for Lewis to direct a version of his 1963 comedy, "The Nutty Professor," as a musical by next year. (AP)

REHAB

Still Partying Way Too Hard

Rolling Stones guitarist **RON WOOD** is in rehab for alcohol abuse, People magazine reported. He'll still join the band for the "A Bigger Bang" tour, which starts July 11 — the same tour that was delayed by the head injury suffered by Keith Richards



in Fiji this past April. (Richards has reportedly made a full recovery.) The 59-year-old Wood is at a facility in London and was also in rehab last year, according to People. (AP)

A SIGN

Random Plagiarism Suits: Proof He's Hit the Big Time

A French court dismissed a lawsuit against **GEORGE CLOONEY** and Warner Bros. filed by a screenwriter who alleged "Syriana" was plagiarized, court officials said Monday. Stephanie Vergnault had claimed the thriller borrowed "very largely" from a script she completed in 2002, but the judge said the two scripts were "obviously different." Like 2005's "Syriana," Vergnault's story line, titled, "Oversight," involved CIA intrigues with oil companies in the Persian Gulf. The judge said the overlap was coincidental. (AP)



Plagiarism is a serious accusation ... but George Clooney is a serious actor.



This Summer... Less Is Definitely More.

Save up to 40%

on Alase™ Laser Hair Removal Beach-Body Package Combinations.*

And be ready to bare all.

REVEAL | MEDSPA 866.Reveal.Me www.reveal.com

*Not to be combined with any other offer or discount. Offer not applicable to single packages or previously purchased packages. See consultant for full details. Offer valid May 22-June 30, 2006.

LOOK out

Executive Producer

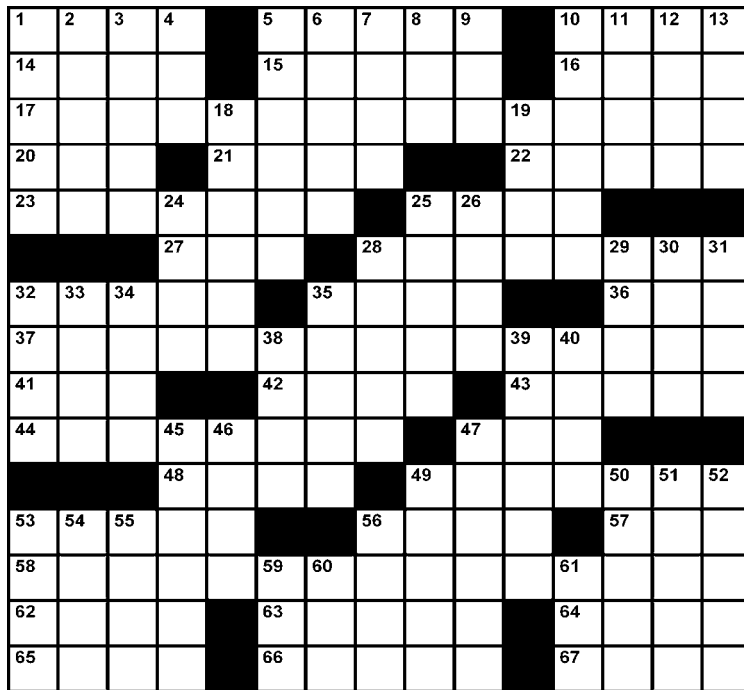
ACROSS

1 Look with malicious intent
5 Word to a pest
10 Commiserator's word
14 Advocate
15 Town in Greenland
16 Pilaf ingredient
17 What some climb
20 Sports drink suffix, perhaps
21 Step backward?
22 James or Owens
23 Some parlor pieces
25 Country singer Jackson
27 Denizen of a certain farm
28 Batting eyelids, licking lips, etc.
32 Beach find
35 Lavish celebration
36 Anonymous litigant
37 Worker's dream, perhaps
41 Poetic pugilist
42 It's in the pot
43 Opposite of sets
44 Doggedness
47 32,000 ounces
48 Tacit approvals
49 What the kittens lost
53 Pergola
56 Indian garment
57 Emulate a landscaper
58 Executive's

parting gift
62 Fencer's weapon, sometimes
63 Lubricated
64 Locale of original sin
65 Keeps folks in stitches?
66 Skein components
67 Nuthatch home

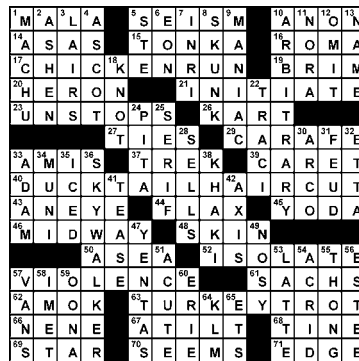
DOWN

1 Skywalker's creator
2 Deteriorate, in a way
3 Wading bird
4 Bench press unit
5 Address part, often
6 Powwows
7 Road grooves
8 Brit's brew, perhaps
9 Bugs' voice
10 Impassioned
11 They're blown in anger
12 They're sometimes more important than kings
13 Without moisture
18 With candor
19 Slightly cracked
24 Statuesque
25 Jane Curtin role
26 One might be chronic
28 Kind of acid
29 Fateful day in March



30 What one little piggy had
31 Exacts revenge on
32 It may be reserved
33 Robust
34 "The Auld Sod," romantically
35 Well-bred Londoners
38 Speakeasy risk
39 Steamy
40 It's a real moneymaker
45 Battery terminals
46 Innermost part

Yesterday's Solution

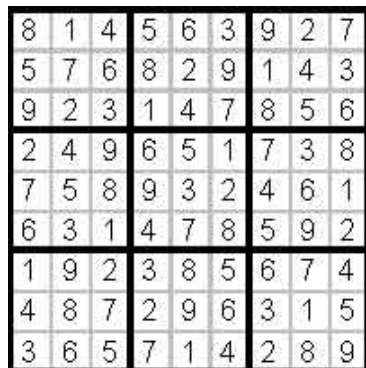


Su|do|ku

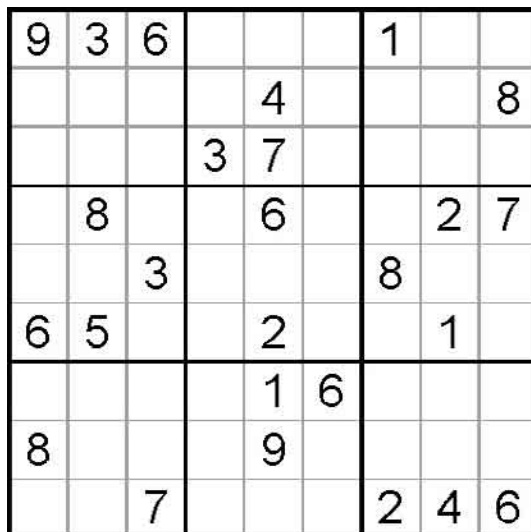
Degree of Difficulty: MEDIUM

Fill in the boxes so each row, column and 3-by-3 square includes the digits 1 through 9. For solution, tips and computer program, see www.sudoku.com

Yesterday's Solution



Need more Su|do|ku?
Find another Sudoku puzzle in the Comics section of the Post every Sunday and in the Style section every Monday through Saturday.



express

PUBLISHER—CHRISTOPHER MA | GENERAL MANAGER—ARNIE APPLEBAUM | EDITOR—DAN CACCAVARO | DEPUTY EDITOR—GREG BARBER
ART DIRECTOR—SCOTT MCCARTHY | NEWS EDITOR—MATT SWENSON | SECTION EDITORS—JENNIFER BARGER, ARION BERGER, VICKY HALLETT, IAN HERBERT, MAUREEN HOCH, CHRIS MINCHER, HOLLY MORRIS, KRISTEN PAGE-KIRBY, CAITLIN THOMPSON | WEB EDITOR—

MICHAEL GRASS | EDITORIAL DESIGN—SCOTT ROSENBERG | PRODUCTION—MATHEW LIDDI | PHOTO—MARCIA HARDER | PHOTOGRAPHER—MICHELLE REPISO | CONTENT DEVELOPERS—TIM FOLLOS, DARONA WILLIAMS | PUBLISHED BY EXPRESS PUBLICATIONS COMPANY, LLC PO BOX 17370, ARLINGTON, VA 22216 | A SUBSIDIARY OF THE WASHINGTON POST COMPANY | MAIN NUMBER: 703-469-2800 | FAX NUMBER: 703-469-2831 | CIRCULATION: 202-334-6992 OR E-MAIL CIRCULATION@READEXPRESS.COM | ADVERTISING: CALL BOB KEENAN AT 202-334-6025 OR E-MAIL ADS@READEXPRESS.COM | CLASSIFIED ADVERTISING: 202-334-6200



NEED A LOAN?

Marianne Segura is a neighbor providing home and commercial mortgages with the highest levels of professionalism and service.

- Local lender
- Hundreds of different loan programs
- Creative solutions to special financing needs
- Low closing costs
- Experience and knowledge

For every closed loan, Marianne donates \$100 to the Center for Missing and Exploited Children.



Marianne Segura

(202) 439-5506

msegura@homefirstmortgage.com



207 S. Alfred St. • Alexandria, VA • 22314



GW SCHOOL OF BUSINESS

M.S. IN INFORMATION SYSTEMS TECHNOLOGY

Be in demand! Professionals with solid management and technology skills are among the most sought-after employees in the country.

Specialize your skill set.

- Management Information Systems
- Executive MIS
- Information Systems Development
- Information Systems Project Management

Multiple locations, multiple formats.

Evenings, weekends, executive cohort.
Arlington, Loudoun, Washington.

Still Accepting Fall 2006 Applications!

THE GEORGE
WASHINGTON
UNIVERSITY
WASHINGTON DC

BRING US YOUR
AMBITION.

www.gwu.edu/gradinfo

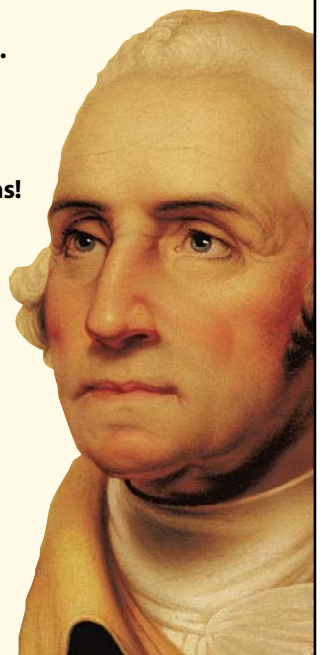
Information Session

**Saturday, June 24
10:00 am**

3601 Wilson Blvd.
Suite 400
Arlington, VA
Metro: Orange Line to
Virginia Square

Rsvp Today!

703.248.2800
msist@gwu.edu
www.msist.gwu.edu



Mortgage Rates are Lower at CMC!

Option ARMs
as low as

1%^{*1}

**=\$253 per \$100k
loan amount**

5 Year Fixed
Payment as low as

4.875%^{*2}

**=\$474 per \$100k
loan amount**

We Approve Loans That Banks Turn Down



Continental Mortgage Corp

H O M E O F T H E E X P R E S S M O R T G A G E

(703) 891-3484 (540) 347-5363

Approvals by Phone or On-Line www.cmcLoan.com

*For Qualified Borrowers. 1. Fully Indexed at 7.482 2. 3% Deferred first 5 yrs.



fit

NUTRITION

Soy, the Has-Bean



Time for a backlash: Americans are now bashing the once-revered soybean | **E7**

PHYS ED

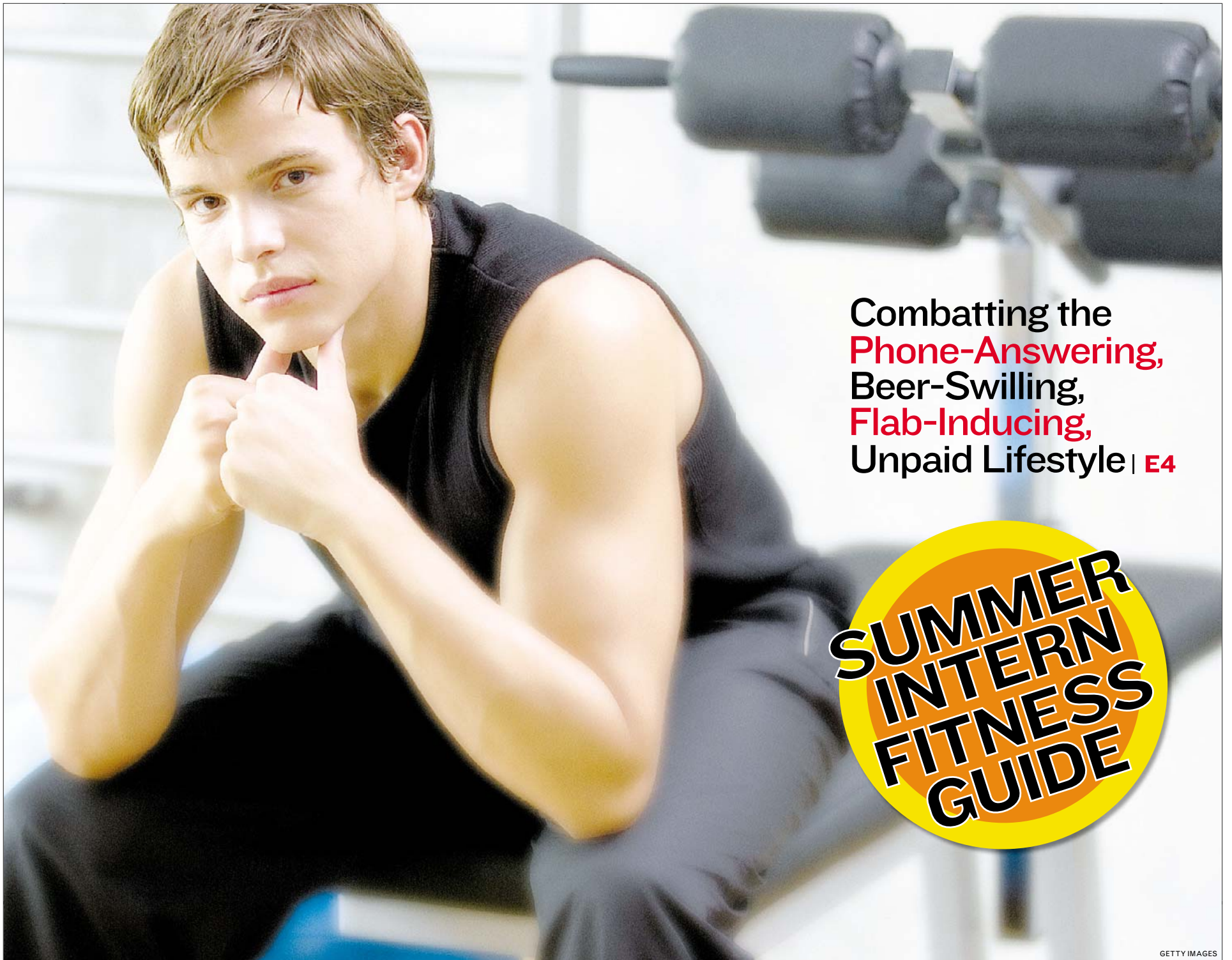
For the Long Run



Set the right goals to make it to the finish line of a marathon | **E5**

express

EXERCISE, NUTRITION, WELLNESS AND MORE TO HELP YOU LOOK AND FEEL YOUR BEST | JUNE 20-26, 2006



Combating the
Phone-Answering,
Beer-Swilling,
Flab-Inducing,
Unpaid Lifestyle | **E4**

**SUMMER
INTERN
FITNESS
GUIDE**

GETTY IMAGES

➔ **PLUS:** Stretch your usual yoga routine to include improv dance moves | **E5**

BaggageCheck

GOT ISSUES? DR. ANDREA BONIOR WILL HELP YOU SORT THEM OUT



I'll Love You Much More When You're Gone

Q I am a single mother of two kids: one boy, one girl, ages 17 and 18. They've given me serious trouble since age 10 (their father has never been in their lives). I'm so sick of working overtime to pay court fees and lawyer bills. Am I a bad mom for wanting them out of my house when they turn 18? (Which my son is, thank God.) I'm only 35 but I feel 50. —SILVER SPRING

You're not a bad mother for wanting a break from children who have been particularly challenging and who you've had to handle as the sole parent all these years. But before you change the locks, pour the champagne and blast the Kool and the Gang, you do have to decide what the "break" would mean in the long-term.

Your son is a legal adult, and of course you're no longer obligated to support him financially. As



ERIC REECE

America's notion of adolescence has begun to extend well past 18, many parents continue to provide the house-as-dorm experience until their "kids" are your age and older — frolic-filled Matthew McConaughey movies aside, I'm not sure that trend helps anyone. Nevertheless, push-

ing them out when they need your support the most might do irreversible damage to your relationship, a price that may be too steep. Only you know your children well enough to guess what might happen if you play the evictor: They get their act together? They get so resentful (or

worse) that you are a target of their ire (or worse) forevermore? Even you can't know for sure.

Your best bet is one final push to strengthen your relationship and their emotional development: family counseling. If you've been there, done that, try again. Even if you don't enjoy any nine-Kleenex breakthroughs, counseling can help with the practical aspects of negotiating and navigating their burgeoning independence. And most importantly, you'll know you made one last effort to heal the rifts that have so splintered your family.

Q My best friend cuts all her food into tiny pieces before she eats it, and she uses a knife and fork for everything. She's also very regimented about how things are arranged on her plate. We've teased her about it for years, but as I get older I wonder if there's something more serious going on with it. Is there an association between eating disorders and this type of behavior?

—ADMITTEDLY CURIOUS IN D.C.

Sometimes this type of behavior is seen in eating disorders or in

obsessive-compulsive disorders. But it is also seen in many simple "I'm Quirky" non-disorders, and perhaps in a syndrome called "My Friend Is Overanalyzing The Heck Out of Me!" (Strangely, many of my

Even if you don't enjoy any nine-Kleenex breakthroughs, family counseling can help.

own pals are also afflicted.)

If your best friend seems to have an otherwise healthy relationship with food and her body, this behavior doesn't get in the way of her day-to-day life (except for that marvelous teasing, of course) and she doesn't show other overly regimented behaviors that interfere with her happiness, it's probably time to put down the electron microscope.

Send your mental health and emotional wellness questions to Andrea Bonior, Ph.D. at baggage@readexpress.com. This column is not a substitute for one-on-one care.

You've walked your last mile in a running shoe.

743 The Official Walking Shoe of O, The Oprah Magazine's 2006 O You! Event

new balance the store

Tysons Corner (703) 893-2771
5301 Wisconsin Ave (202) 237-1840
 Podiatrist on site!
1020 Connecticut Ave, NW (202) 587-5338

Want to Get in Shape?
30 Days to a Better You!
 Lose Weight! Tone Up!
 Feel Great! Have Fun!

ADVENTURE BOOT CAMP
 WASHINGTON, DC

New Evening Class Starts July 17th!
Register Today!
 Our June Class SOLD OUT!
www.dcbootcamp.com
(202) 547-1202

RAPID TRANSMIT

ADVERTISE IN EXPRESS.
 Call 202.334.4532

express
 A publication of The Washington Post

XX140c 1x2

body body
 fitness & health, LLC

Personal Fitness Training
 one-on-one individual health & fitness training
 Tysons/Vienna Area, 5 minute walk from metro, serving DC, MD, NOVA

703-207-1696 (private studio)

- VO-2 Fitness Testing
- Endurance Training
- Strength & Exercise Training
- Weight Management - Nutrition
- Senior Fitness
- Fitness Therapy
- Fitness for Physically Limited

Complete Health and Fitness Evaluation at Regular Cost and Qualify for a FREE Metabolic Test, a \$149 Savings
bodybody fitness & Health
 Vienna
 703-207-1969
 With this coupon. Not valid with other offers or prior purchases. Limited time offer, call today.

www.bodybodyfitnesshealth.com

Jeffrey M. Hollebrandt c.p.t. c.s.w.m.
 "Good health is much more than just not being sick."

BBB
 A publication of The Washington Post

VISA



Fleet Cleat Feet

THE PERKS OF BEING A FOOTBALL PLAYER just keep getting better. First, there was the whole ruling the school and dating cheerleaders thing. Now, they get the new cleats from Under Armour (\$90-\$120, underarmour.com), which are so cool we want to "click clack" (as the commercials' tagline encourages) even though we don't play the sport. Guys who do can marvel at the way the shoes wick moisture away from their feet, the dual-plate design's light weight and the fact that the cleat nubs boast built-in directional blades to promote traction. And they're kinda sexy-looking, too — as if football players needed the help.

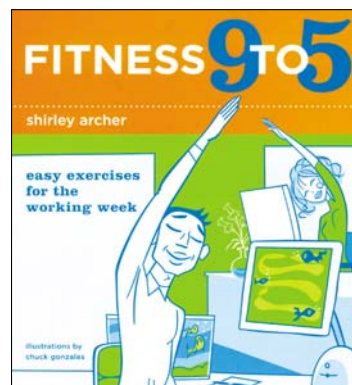


This Bar Says Just Beet It

TURNING SPIRULINA AND PARSLEY into a chocolate-chip flavored bar is a feat we deemed impossible when we first eyed Think Green (\$1.70-\$2.20). After ripping open the wrapper to devour the contents, which included other healthful ingredients like beets, broccoli, brown rice and wheat grass, our opinion didn't change. But the gummy texture and fruity taste are surprisingly addictive and, at 180 calories, it's the right size for a snack on the run.

Working Out in the Workplace

FOR THOSE TOO busy making a living to make it to Pilates class comes Shirley Archer's book "Fitness 9 to 5: Easy Exercises for the Working Week" (\$13, Chronicle). The tiny tome details 69 moves tailored to the workplace. Whimsical illustrations depict office-space cadets doing "early-bird coffeepot curls" and "waiting-for-that-fax push-ups." The idea here — that it's good to fit exercise in whenever and wherever you can —



seems laudable. (Even standing burns .9 calories more than sitting motionless.) But when tested in our newsroom, ideas like giving oneself a head massage or doing butt squeezes while conducting a meeting proved downright laughable.

NEW
IN HEALTH
**warm
ups**

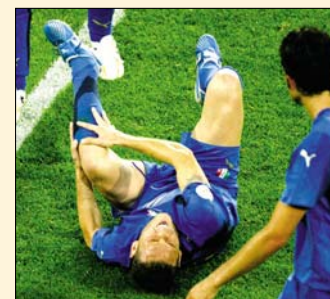


Your Kids, the Disc Jockeys

NO MORE PENCILS AND NO MORE BOOKS, but dirty looks are hot this summer. One of the most entertaining ways to convince your kiddies to get messy running around the yard is Dodge Discs (\$20, shopwildplanet.com). The two shooters in each set spit out foam donuts that don't hurt too badly, but still convince the targets to flee. And the shield shape means coordinated combatants can deflect hits. The one drawback: Once you've shot out all of the discs, collecting them again can be a pain. But that's good exercise, too.

PRODUCTS

GearHead



Take It on the Shin and Smile

THOSE WORLD CUP DUDES aren't afraid to smack into each other. And unlike sports in which players wear helmets and lots of padding, soccer stars get just one kind of protection: shin guards. "These guys are getting kicked in the ankles quite a bit," said Francisco Tobar, equipment manager for D.C. United.

The trend today is toward the small, thin variety, which slips under the sock with no straps. "Players want to feel like they're not wearing them," explained Tobar. Aiming small used to be a pain, because even with tape holding them down, shin guards can slide out of place. KwikGoal changed that with compression sleeves that go over the guard, providing the security players need without adding too much extra bulk. If you're not a pro, however, it may be worth the extra heft to have more coverage. As Tobar said, "I want some serious protection."

VICKY HALLETT (EXPRESS)



Dr. H. Michael Rassael
Cosmetic Surgeon

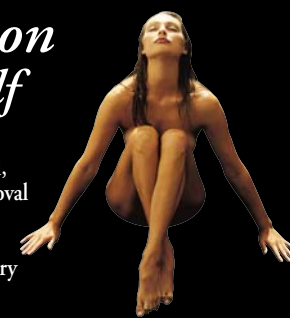
Member of American Academy of Cosmetic Surgery

Complimentary Cosmetic Consultation It's Time... Turn Your Attention on Yourself

- Cosmetic & Plastic Surgery
- Botox/Restylane
- Acne Treatment & Photorejuvenation, \$100 For The 1st Treatment

- Laser Resurfacing Full Face, \$1000 For A Limited Time
- Liposuction, \$2500 Per Area, For A Limited Time
- Endermologie/Cellulite Treatment

- Hair Restoration
- Laser Services: Hair Removal, Vein Treatment, Tatoo Removal
- Microdermabrasion, Chemical Peel
- General & Cosmetic Dentistry



CHEVY CHASE/BETHESDA

301.652.9005

www.anythingcosmetic.com

ROCKVILLE

301.460.6000

4407 Willard Ave., Chevy Chase MD 20815 (Across from Friendship Hts. Metro)

| THE EXPERTS

TrainReaction

Speed Needs

I enjoy weight training, but I have read conflicting information regarding repetition speed. What's the deal? Should I do my reps fast or slow?

Q The speed of your repetitions should be determined by the reason you started a weight training program in the first place. Both styles of training have their pros and cons — which you choose depends on your goals as a fitness fanatic.

Slow to moderate tempos are more often used by novice lifters, as it's easier to control the weight through the full range of motion. Those looking to add lean mass by maximizing muscle tension will also find a slower speed beneficial: Increasing tension will activate more motor units — groupings of neurons and the muscle fibers they activate.

Faster movements should be used by two populations on opposite ends of the spectrum: athletes and the elderly. Athletes should train by mimicking the speed of their sports. Trainers call this "sports-specific training," and it's designed to enhance athletic performance. As for seniors, we all have a tendency to move slower as we age. To avoid slowing down, gradually increase the speed of your training.

Matthew Blair Davis is an award-winning personal trainer and president of Functional Revolution Fitness (functionalrevolution.com), which provides private personal training for Northern Virginia and D.C. E-mail him at matt@functionalrevolution.com.

Young, Poor, Fit

Summer interns can afford to work up a sweat

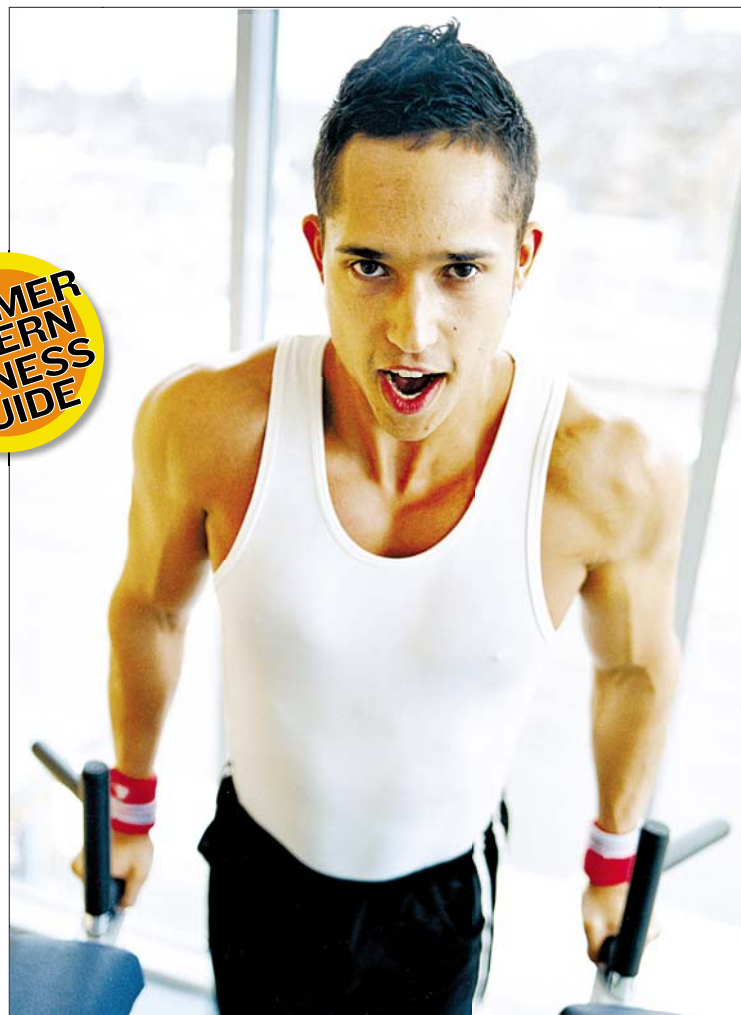
Scoring free grub at a reception will be easy during your internship. And anyone in your office can direct you to where the college crew goes for cheap beer (because they'll be staying far away until September).

Tracking down a bargain place to exercise, however, can be trickier. But you'll need one — after all, answering the phone and making copies isn't going to do any wonders for your abs.

Membership Has Benefits

You might still be jogging outside, thinking how lovely D.C. weather is. That's guaranteed to change with the sticky, polluted arrival of July and August, when even stepping out to grab lunch can seem hazardous to your health. You need a gym and, luckily, many local facilities know you're just stopping by for a short stint. Gold's Gym's (goldsgym.com) college membership is the value to beat. A three-month pass to any of the three D.C. locations (and some in the 'burbs, too) goes for \$129 through June 28, provided you show a valid college ID. You'll also need proof you're a student to snag the deal at Washington Sports Clubs (mysportsclubs.com). For \$199, you have unlimited access to the club of your choice through Sept. 4.

Non-student interns may be partial to the D.C. Jewish Community Center (dcjcc.org), which has waived its initiation fee for the summer. The rate is just \$73 per month. Results (resultsthegym.com), with locations on the Hill and



**SUMMER
INTERN
FITNESS
GUIDE**

U Street, is offering two months for \$200, sans initiation fee. And if Mommy is generously bankrolling your unpaid summer? Spend her cash on a month-to-month membership at the Sport & Health Club (sportandhealth.com) at the Washington Hilton. There's a \$249 initiation fee, a \$99.95 monthly charge and a \$25 termination fee, but the rock-star swimming pool and tennis courts are worth it.

Yoga, Yoga Everywhere

After addressing envelopes all day, you could use some stretching. Many studios will let you try one class for free or give you some sort of intro deal. Cleveland Park's Hot Yoga (hotyogausa.com), for instance, allows new students to take 10 days of unlimited yoga for \$10. Willow Street Yoga (willowstreetyoga.com), in Takoma Park and Silver Spring, is offering a slew of free classes from

July 3 to 9. After that, your best bet is to pick one studio and buy a class card. Bulk is almost always a better deal than paying per session.

Working It

If the price remains too high wherever you want to work out, see if a studio or gym will let you trade your services for classes. By sitting at the front desk for a few hours — just like you do at your "real" internship — you may be

By sitting at the front desk, you can earn free exercise classes.

able to work out for free. A four-hour shift at DC Dance Collective (dcdancecollective.com), near the Tenleytown Metro, earns you two classes.

Summer Rental

Dedicated lanes and cycle-friendly trails make D.C. a fine city to traverse by bike. If you didn't bring your 10-speed, you can always rent for a few days. Bike the Sites (bikethesites.com) is geared toward tourists, so the weekend daily rental rate is \$25. But if you want a bike during the week, it's just \$9.99 per day for a minimum of four days.

If you're thinking of buying a bike to get around this summer, visit Chain Reaction (shawecovillage.org). The youth-run shop rehabs donated bikes and sells them at super-low prices — generally from \$100 to \$250. Plus, you're helping out your adopted community.

And if all else fails, there's always the company softball team.

VICKY HALLETT (EXPRESS)

VITALSTATS

11

NUMBER OF MEMBERS OF ONE FAMILY WHO HAD THEIR STOMACHS REMOVED TO AVOID A RARE HEREDITARY STOMACH CANCER

running for congress

■ Rep. Brad Miller

ALTHOUGH REP. BRAD MILLER, D-N.C., grew up eating his mom's Southern cuisine, he abstains from one of her favorites: fried fatback. "I'd be in deep trouble if I kept that up," he says of the lardy treat. Now he resists the temptation to fry things — most of the time — and his guilty pleasure is mixed nuts. v.h.



"I like to play tennis Sunday morning. We have an 8 a.m. church service and I'm on the court by 9:30."

"I used to play basketball, but particularly once Mike Oxley leaves Congress, there won't be anyone slow enough for me to guard."

"The YMCA in Raleigh, where I do elliptical, is the establishment

workout area. There are other fitness businesses for young, buff people. But the YMCA is where the slow, old, pudgy guys who tend to be known in the business community go. I fit in."

"My healthiest meal is breakfast: oatmeal, an orange and coffee. Everything else is catch as catch can. I'm not particularly disciplined in the presence of food at receptions."

Study: See Why They Run

Wannabe marathon runners need to race for the right reasons

Some people sign up for marathons for the grueling physical challenge. Others want that shiny medal. And some just want to lose weight or draw kudos from their peers. Don't bet on this last group to complete the race.

Those runners tend to drop out even before they reach the starting line, according to new research on first-time marathoners. Jacob Havenar, a doctoral candidate in the physical activity, nutrition and wellness program at Arizona State University, said his first marathon six years ago made him curious about other runners.

"I wanted to learn what people's motivations were going into the race," he said. "We see a lot of feel-good stories in running magazines about success stories," but less about the people who never make it to the end.

Havenar surveyed 106 male and female first-time marathoners enrolled in a training program about why they decided to run. Rookies — not experienced, elite athletes — were chosen because they represent

If weight loss doesn't come along quickly, people may give up.

the general population.

He used a scale that measured motivation by weighing such factors as the desire to improve self-esteem, develop better coping skills, lose weight, have more social interaction and achieve personal goals.

Out of the group, only 31 finished



These people are still jogging because they care about more than weight loss.

the training and the race. Of the 75 who dropped out, Havenar said that they scored highest for listing weight concerns and recognition from oth-

ers as their motivation, suggesting that those shouldn't be the only reasons to run a marathon — or begin any exercise program.

The key, he said, is to have both external motivations, such as weight loss, as well as more meaningful reasons, such as being healthy enough to play with the grandkids. If weight loss doesn't come along quickly, he noted, people may feel like failures and give up.

"Attrition rates in exercise are high enough," said Havenar, "and we don't want to set someone up for failure. Health practitioners need to talk to their clients and see what their motivations are."

Pat Connelly, coach of the L.A. marathon, has seen people drop out because of poor goal-setting.

"If you're here for a medal and to lose a few pounds, you don't have enough substance to sustain you when the honeymoon is over," he said. "That first month is fun, but you're going to need more than that to get through it. There's no question that the people who do the best have more intrinsic goals," such as improving one's quality of life and handling stress better.

By sticking it out, Connelly added, "You're going to learn something that you'll use the rest of your life."

JEANNINE STEIN (LOS ANGELES TIMES)

Strike a Pose — Any Pose

YogaMotion blends yoga with free-flowing movement

You know how when you're home alone and you hear a song, you just kinda wanna dance? And not in a choreographed routine, but in a totally goofy way? That's what students do in YogaMotion, led by Michelle AVA (yes, she spells her surname in all caps). Unlike other dance classes, you don't need to learn certain steps. Yoga poses are interwoven throughout, but the class is more about getting used to body movement than hewing to any particular stance.



C'mon baby, do the YogaMotion with Michelle AVA, front and center.

MOVES: AVA favors hip circles and reaching motions, but during the improv sections, whatever you want to do is fair game. "It doesn't matter how you do it, just don't judge yourself or anyone else," she explained. The yoga poses are more run-of-the-mill, like down dog

and warrior three. One aspect that sets the class apart from traditional yoga practices is that virtually no mats are used. They're available, but because you're traipsing around so much, they tend to get in the way.

WORK OUT: Constantly moving for an hour is sure to raise your heart rate and get you sweaty, but this isn't a hip-hop class. You're more likely to leave feeling relaxed than tired.

CROWD: It's a mix of ages, but mostly women, all with a creative streak. As AVA said: "Yoga classes are wonderful, but they're not coming from an artistic background." If you're nervous about acting silly in front of strangers, it will be uncomfortable. But it's bound to help you loosen up, too. VICKY HALLETT (EXPRESS)

Joy of Motion (5207 Wisconsin Ave. NW, Metro: Friendship Heights) Thursdays at 6:30 p.m.; Tuesdays at noon at the Bethesda location (7315 Wisconsin Ave.), \$14. For more information call 202-362-3042 or visit joyofmotion.org or avadance.com.

WHAT IT IS: A few small lamps glow in the dim studio and relaxing world music greets students as they enter. There's a casual warm-up, followed by bursts of free-flowing movement. The second half of the class focuses more on yoga poses, but be prepared to break away from your spot on the floor to do more dancing.

Work it Out

TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO • SWING • HUSTLE • NIGHTCLUB • BALLROOM • COUNTRY & WESTERN • TANGO • FOXTROT • WALTZ • CHA CHA • SALSA • RUMBA • MERENGUE • SAMBA • MAMBO • SWING • HUSTLE • NIGHTCLUB • BALLROOM • COUNTRY & WESTERN

Dance The Night Away!

Alex/Landmark 703-751-4336
Tysons Corner 703-556-0088
Bethesda 301-657-2700
Columbia, MD Opening Soon!
Silver Spring 301-681-4466
Gaithersburg 301-590-0387

Arthur Murray
Franchised Dance Studios

WWW.ARTHURMURRAYDC.COM

What you do on the dance floor is our business!

GET THE WEIGHT OFF NOW!

REDUCE INCHES NOW IN OUR RUN/WALK AND LIFT PROGRAM

Intense Strength Training, High Protein - Carb Conscious
Get Your Shape Back! Get Firm And Tight!

- Avoid the crowds — 6 per group to 12 per group
- Special classes for 40+
- Cardio
- Lose 3-4 dress sizes
- MEN Get Your Physique Back
- Fitness programs for obese children ages 12-17
- Kids, get in shape for back to school & sports

Call G.I. Jane and buy a spot!
Open Mon-Thu 6 am - 8 pm

GI JANE BOOTCAMP

202-547-7906

426 8th St. SE, Eastern Market Metro

WWW.GIJANEFIT.NET

| STUDIES

Stethoscope



Coffee vs. Cirrhosis

Hangover victims who reach for a cup a joe are wiser than they knew. The Archives of Internal Medicine reported that for each cup of coffee consumed per day, subjects were 22 percent less likely to develop alcoholic cirrhosis. But what is it about coffee that helps? They don't know. It's not the caffeine, because tea didn't seem to do much for the liver. Of course, the authors caution that the best way to prevent cirrhosis is by avoiding heavy alcohol consumption.

Attack of the TV

We all know TV can be bad for kids, what with the violence and sex. But many are unaware of the other boob-tube danger: They tumble and hit tots. According to the U.S. Product Safety Commission in the journal Academic Emergency Medicine, 2,300 children go to emergency rooms with injuries from falling televisions each year. To be fair, however, a large, falling book could also injure a toddler.

Smoke: Still Bad

As if getting wrinkles didn't suck enough, it seems that smokers with lots of lines are five times as likely to contract chronic obstructive pulmonary disease as puffers with taut skin. COPD is a melange of progressive lung diseases, including emphysema and bronchitis, that the World Health Organization predicts will be the third leading cause of death by 2020. Cambridge University researchers, who analyzed data on 149 current and former middle-aged smokers, suggested that those with premature wrinkling get screened for COPD.

Don't Die of Machismo

Real men won't ignore these potentially serious aches and pains

Most of the time, it's good that the little Vince Lombardi sitting on our shoulder tells us to shut up and play through the pain, otherwise we'd never get anything done.

On the other hand, there are a few instances in which pain should never, ever be ignored, on pain of death or other dire consequences.

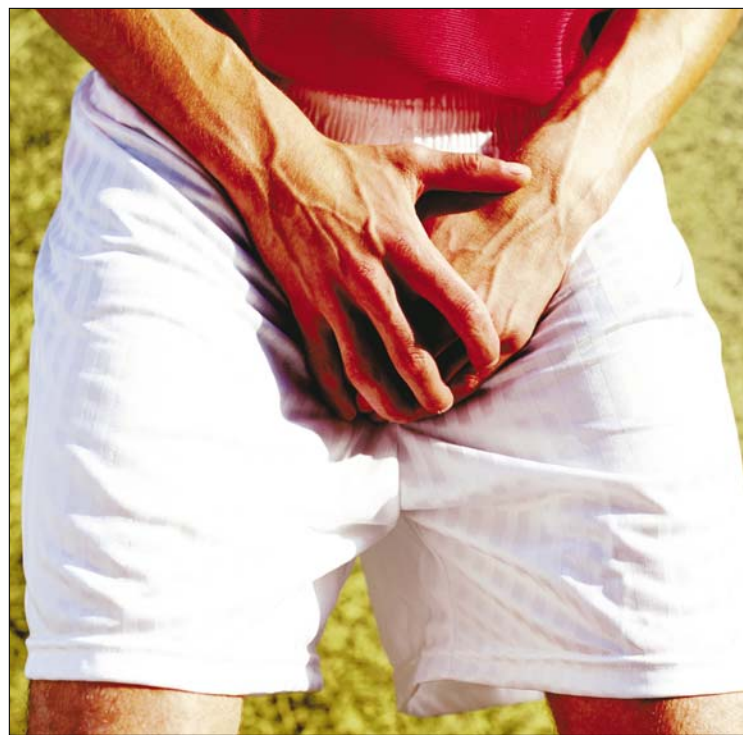
Sudden Groin Pain

→ **CONDITION:** Odds are it's something called testicular torsion. Normally, a man's testicles are attached to his body in two ways: by the spermatic cords, which run into the abdomen, and by fleshy anchors near the scrotum. But sometimes, in a relatively common congenital defect, these anchors are missing. This allows one of the spermatic cords to get twisted, which cuts off the flow of blood to the testicle. "If you catch it in four to six hours, you can usually save the testicle," said Dr. Jon Pryor, a urologist at the University of Minnesota. "But after 12 to 24 hours, you'll probably lose it."

→ **DIAGNOSTICS:** A physical examination. A surgeon will straighten the cord, then construct artificial anchors with a few stitches near the scrotum.

Severe Back Pain

→ **CONDITION:** "If it's not related to exercise, sudden severe back pain can be the sign of an aneurysm," said Dr. Sigfried Kra, an associate professor at Yale. Particularly troubling is the abdominal aneurysm, a



dangerous weakening of the aorta just above the kidneys. Eventually, the pain subsides — right after your body's main artery bursts. A non-fatal possibility: You have a kidney stone.

→ **DIAGNOSTICS:** A CT scan using intravenous radiopaque dye does the best job of revealing the size and shape of an aneurysm. Once its dimensions are determined, it'll be treated with blood-pressure medication or surgery to implant a synthetic graft.

Sharp Abdominal Pain

→ **CONDITION:** Take your pick. Since the area between your ribs and hips

Sudden severe back pain can be the sign of an aneurysm.

is jam-packed with organs, the pain can be a symptom of either appendicitis, pancreatitis or an inflamed gallbladder. In all three cases, the cause is the same: Something has blocked up the organ, resulting in a potentially fatal infection.

→ **DIAGNOSTICS:** If the pain is in

your lower-right abdomen and your white-blood-cell count is up, said Kra, it's probably appendicitis (out comes the appendix). Pain in the upper abdomen with high white blood cells usually spells an inflamed gallbladder (goodbye, gallbladder). And if it hurts below your breastbone and certain enzymes in the blood are elevated, then pancreatitis is probably the culprit. (The pancreas stays, but a gallstone may be blocking things up. If so, the stone and the gallbladder may have to come out.)

Transient Chest Pain

→ **CONDITION:** It could be indigestion. Or it could be a heart attack. "Even if it's very short in duration, it can be a sign of something serious," said Dr. John Stamatatos, author of "Painbuster." A blood clot may have lodged in a narrowed section of a coronary artery, completely cutting off the flow of blood to one section of your heart. How much wait-and-see time do you have? Really, none. Fifty percent of deaths from heart attacks occur within three to four hours of the first symptoms. You're literally living on borrowed time.

→ **DIAGNOSTICS:** A blood test checks for markers of damaged heart tissue. Treatment: angioplasty or bypass.

Painful Urination

→ **CONDITION:** Worst case? Bladder cancer, according to Dr. Joseph Smith, chairman of the department of urologic surgery at Vanderbilt University. The pain and the blood in your urine are symptoms of this, the fourth most common cancer in men. Smoking is the biggest risk factor. Catch the disease early, and there's a 90 percent chance of fixing it. Bladder infections share the same symptoms.

→ **DIAGNOSTICS:** They'll diagnose by process of elimination. Urinalysis first, to rule out bugs, followed by a scope to look inside the bladder. A tumor will be treated with surgery, radiation or chemotherapy. ALLEN ST. JOHN (REPRINTED BY PERMISSION OF MEN'S HEALTH MAGAZINE. © RODALE INC.)



hypochondriac

WHAT YOU COULD HAVE BUT PROBABLY DON'T

Do you need a lot of sleep — up to 20 hours a day? Do you consume large amounts of food? Do you want a lot of sex? Are you apathetic, lethargic, irritable or confused? Are you a teenage boy? You might have **KLEINE-LEVIN SYNDROME**, a very rare disorder that primarily affects adolescent males. The symptoms clump together in sporadic episodes that can last for days, weeks or months (the average length is two weeks), and the illness usually abates once adulthood is reached. It's not known what causes Kleine-Levin, but it probably has something to do with the hypothalamus, a bit of the brain that helps regulate sleep and appetite. There is no known cure.

SOURCES: KLEINE-LEVIN SYNDROME FOUNDATION, NATIONAL ORGANIZATION FOR RARE DISORDERS



Has the magic food become a has-bean?

When soy burst onto the Western food scene in the early 1990s, the possibilities for the bean seemed boundless. The protein-packed legume had the potential to prevent breast cancer, increase bone mass and alleviate hot flashes. It seemed to lower cholesterol, and thus to help prevent heart disease.

Millions of dollars were poured into research, and technologists plopped soy into every food imaginable. They ground it into burgers, hot dogs and sausages (Tofurky was born). They processed it into cheese, milk and ice cream. Manufacturers added it to baby formula, and baristas foamed it into lattes.

Purists consumed soy in its traditional Asian forms — as tofu, “tempeh” or “edamame” — while hard-core health nuts sought out soy protein powder.

But 15 years later, with ever more soy products available in the grocery store and conspicuous soy consumption a cultural shorthand for “Hey, I’m health-conscious!” the tides are turning against the Asian wonder food.

Call it the “soy backlash.”

A crop of books and articles are now warning about the dangers of the bean.

Soy now has its very own tell-all, penned by a certified nutritionist: “The Whole Soy Story: The Dark Side of America’s Favorite Health Food.”

It’s being tracked by an international watchdog group, the Soy Online Service, whose mission is to “uncover the truth about soy” and

New research is showing that soy is not actually a magic bullet.

inform consumers about “the plethora of criminal and dangerous lies that issue from the soy industry.”

Soy, we are warned, can do terrible things should we overdose on tofu, suggests the men’s magazine

Best Life: “Grow man boobs! Shed muscle tone! Boost estrogen! Saps your sex drive!”

These reactions are extremes. But even mainstream scientists are pulling back on once-heady health predictions for the bean. New research is showing that soy is not the magic bullet researchers once hoped it might be.

Yet these scientists also see soy as the latest casualty in Americans’ endless (and unrealistic) search for a single substance that can change your life.

“It’s just food!” says soy guru Mark Messina, an adjunct professor of nutrition at Loma Linda University in California, who con-

sults for the soy industry. “We are talking about diet here. Not the fountain of youth.”

Nutritionists watch the very public taking down of soy with bemusement—and slight exasperation.

Many point out that meta-analyses (which pool results of different studies together) are not the best way to determine a food or medicine’s effectiveness — especially in the case of soy because the product comes in so many forms.

But they also see the fall of soy as part of the cycle of American pop culture, be it celebrity or bean: hoist it up to impossible heights, then drag it down and bash it. The truth about soy, they say, is somewhere in the middle. If anything is problematic, nutritionists say, it is the quintessentially American habit of assuming that if a little of something is good, then a lot must be really good. Eat soy as a food, they add. It would be nearly impossible to overdose from eating too much tofu, “tempeh” or soy burger.

Just because soy isn’t a magic cure for hot flashes and breast cancer doesn’t mean it isn’t a good food.

HILARY E. MACGREGOR (LOS ANGELES TIMES)

THE EXPERTS

ChewOnThis

Red Means Go

Q I can’t stand tomatoes (though I do like pizza and Bloody Marys). Now I hear tomatoes are helpful in preventing prostate cancer. Are there other foods that serve the same nutritional purpose?



It turns out that cooked tomatoes, not fresh, contain the most lycopene — the anti-cancer agent that’s been linked to a reduced risk of prostate cancer. Foods like pizza, pasta with red sauce, and chilis and soups made with tomato paste are your best bets to reap the benefits of tomatoes. Watermelon and pink grapefruit also contain lycopene, but in smaller amounts. You can decrease your cancer risk further by consuming plenty of low-fat, high-fiber, antioxidant-rich foods such as broccoli, cauliflower, citrus fruits and soy. Antioxidants are important because they kill free radicals, which may promote cancer and heart disease.

Kristen Ciuba, MS, is the nutritionist at Results the Gym, in Washington, D.C. She also implements nutrition programs for local companies. E-mail her at nutrition@readexpress.com

Meat and Fruit Meet Cute

■ PORK STEAKS WITH PLUM GLAZE, serves 4

INGREDIENTS: 1 pork tenderloin, trimmed; 1 tsp. salt; 1/4 tsp. black pepper; 1/2 cup plum jam; 1 tbsp. brown sugar; 1 tbsp. grated fresh ginger; 1 tbsp. fresh lemon juice; 1/2 tsp. cinnamon; 2 garlic cloves, crushed; 4 large plums, halved and pitted.

MAKING IT: Prepare outdoor grill for direct grilling over medium heat. Cut pork lengthwise, almost in half, being careful not to cut all the way through. Open and spread flat. Place tenderloin between two sheets of plastic wrap and pound to about 1/4-inch thickness. Cut tenderloin into 4 pieces; sprinkle with salt and pepper. In small bowl, mix plum jam, brown sugar, ginger, lemon juice, cinnamon and



garlic. Brush one side of each pork steak and the cut side of each plum half with plum-jam glaze. Grill pork and plums, glaze side down, for 3 minutes. Brush with remaining glaze; turn and grill until steaks are lightly browned on both sides and plums are hot, about 3 minutes longer. (AP)



Per serving: 179 cal., 16g protein, 20g carbs, 4g fat, 59mg cholesterol, 518 mg sodium

VITALSTATS

95

THE PERCENTAGE OF AMERICANS WHO LOOK FOR LABELS SUCH AS KOSHER, ORGANIC OR WHOLE GRAIN WHEN GROCERY SHOPPING FOR THEIR FAMILIES, ACCORDING TO A SURVEY BY CONAGRA FOODS

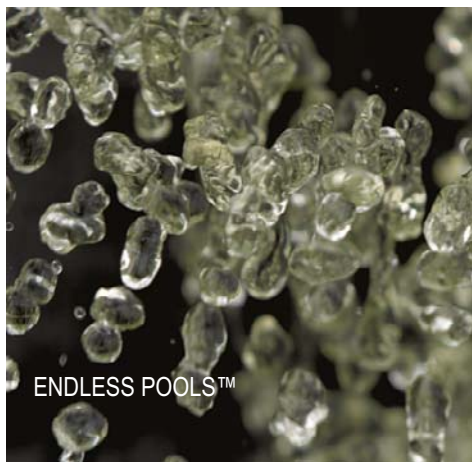
Spoil Yourself BEFORE JUNE 29!



ZEN SPA



OVER 10,00 SF OF FREE WEIGHTS



ENDLESS POOLS™



YOGA / PILATES



EXPERT TRAINING



vidafitness.com

Charter Membership Offer in DC's most Unique, Full-service Luxury Fitness Center & Spa ends ***June 29!***

- All Above Ground Facility
- Yoga / Pilates / Meditation
- Unique Group Classes
- Over 50 Pieces of Cardio
- Over 10,000 sf of Free Weights & Selectorized Equipment
- Zen Spa
- Endless Pools™
- Well-appointed Locker Rooms
- BANG Salon & Day Spa
- Health Bar
- Cycling Studio
- Team LLOYD IRVIN Mixed Martial Arts
- **No Extra Fees for Group Classes** including Yoga / Pilates / Meditation
- **Convenient hours:** M-F 5am - 11pm, Sat/Sun 7am - 9pm

601 F Street NW: Opens August 23, 2006
1515 15th Street NW: Opens Fall, 2007

202.393.VIDA